KROT'S BOOK OF COOKERY

HOMEBREW

Learn how to cook and eat every monster in the manual!

Introduction

The Rugged & Talented Author

Congratulations! You are now the proud owner of *Krot's Book of Cookery*, a repository of all my knowledge gained over a long and bloody lifetime. If you are one of the few friends to whom I have given a copy, you are quite rare. But if you've managed to steal a copy from me, then well done! Hehehehe!

My name is Krot Grizzle, Dicer of Dragons, Searer of Seers, Baker of Beholders. I've gained quite a reputation in my quest to sample every food in reality. From my home in the Gnollish Badlands, to the Planes of Fire and Steam, I have traveled far and eaten much.

Now it is your turn to pick up the quest. Let my notes guide you as you hone your instincts and develop your palate. There are so many fabulous flavors out there, and they are yours for the taking. Of course, you can't make an omelette without breaking a few eggs. (Hehehehe!) But if you're quick with your knife and flexible with your morals, the world is your buffet.

Bon appétit!

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Using This Book

This book has three sections:

Creature Cookery

These are the core rules for cooking, harvesting, and eating monsters. You should at least skim these before starting your adventure.

Mouthwatering Monsters

This section lists every monster from the 5e Monster Manual, organized by creature type. When you slay a monster, you can look up its entry here, which has:

- The benefit you get from eating it.
- A description of the monster from a culinary perspective, with tasting notes and recommended preperations.
- A list of monstrous ingredients you can collect from that monster.
- Any unique mechanics or lore.

Useful Utensils

This section presents some novelty magical items that an adventuring chef may find useful. Reference these at your leisure.

Creature Cookery

Harvesting

When you slay a creature, you can collect the monstrous ingredients it provides. Ingredients and dishes spoil after 3 days. If stored somewhere cold or in a *bag of holding*, they last for 7 days instead. Monstrous ingredients come in the following types:

- Produce
- Dairy
- Eggs
- Extract
- Meat
- Poultry
- Crustacean
- Seafood

Cooking

A character with proficiency in Cook's Utensils can make a dish as part of a short or long rest.

A 1st-level character can create a dish with a single monstrous ingredient, which feeds up to 3 people. Higher level characters can create dishes with more ingredients, which feed more people. Each monstrous ingredient in a dish must be of a different type.

Ingredients in the Dish	Character Level	Feeds
1 monstrous ingredient	1 or higher	Up to 3 people
2 monstrous ingredients	5 or higher	Up to 6 people
3 monstrous ingredients	11 or higher	Up to 9 people

Normal ingredients like salt or chicken are optional and don't count toward the monstrous ingredient limit.

Eating

Eating a dish takes 10 minutes. When you eat a dish, you store all of its benefits in your body. You can expend a benefit by using it once during the next 24 hours. Using a benefit doesn't take an action or reaction unless it says that it does.

> Benefits appear in white boxes like this, under the name of a monster or monster subtype.

If a benefit says to add a bonus to a roll you make, you can choose to add that bonus after you have rolled. You lose any unused benefits if you consume another dish.

Hazardous Food

The GM might rule an ingredient is poisonous or diseased. Casting *purify food and drink* works on non-magical ingredients, but magical ingredients require a skilled chef.

Poison

If a creature eats a dish containing a poisonous ingredient, they must succeed on a DC 20 Constitution saving throw or take 9d6 poison damage, and suffer a random poison effect. On a success, they take half the damage and suffer no other effect.

d10	Poison Effects
1 to 6	**Anotox.** You are poisoned for 2d4+2 hours.
7 to 8	**Optinide.** You are blinded for 2d4+2 hours.
9	**Witherum.** You suffer a level of exhaustion.
10	**Vexitol.** You are vulnerable to all damage for 2d4+2 hours.

Disease

If a creature eats a dish containing a diseased ingredient, they must succeed on a DC 20 Constitution saving throw, or contract a random illness. When a sick creature finishes a long rest, they can retry the save to end the disease.

d6	Disease Effects
1	**Muscle Rot.** You have disadvantage on Strength checks. Your speed is halved, and attacks against you have advantage.
2	**Sneezing Flu.** You have disadvantage on Dexterity checks and saves. You can't hide from creatures that can hear.
3	**Gut Parasites.** You have disadvantage on Constitution saves. Spells and potions heal you for half as much as normal.
4	**Fog Fever.** You have disadvantage on Intelligence checks. You auto-fail concentration saves and can't take reactions.
5	**Burning Hives.** You have disadvantage on Wisdom checks. You can't benefit from armor or wearable magic items.
6	**Throat Fungus.** You have disadvantage on Charisma checks, and cannot speak or perform verbal components.

Sausage and Onion Example

A 5th level character cooks a dish of dire wolf sausage and diced elemental onions. The dish feeds up to 6 people, and each creature that eats it can use the dire wolf benefit once and the earth elemental benefit once over the next 24 hours.

Mouthwatering Monsters

Aberrations

These creatures have no place in the natural order of things. Eating them will take some creativity. Some are entirely inorganic, some aren't made of traditional matter at all. But the rarer the flavor, the better the savor!

Aboleth

Gain telepathy for 1 minute, with a range of 60 feet.

Aboleths constantly sweat out a diseased mucus, and continue to do so for up to two hours after death. Carefully drain the mucus and cleanse the meat with alcohol and cold water.

Well-prepared aboleth tastes like fatty catfish. Their eldritch innards are mildly acidic, which gives the meat a pleasant lemony aftertaste.

- Seafood (body) ☐
- Seafood (tentacles) ☐
- Seafood (fins) ☐

FRIED ABOLETH TENDRILS WITH TARTAR SAUCE

Beholder

Beholders come from the Far Realms, and their meat is warped by the cosmic chaos from which they emerge. The meat is packed with exotic flavors, which vary wildly from beholder to beholder.

Roll twice on this table to determine a beholder's flavor.

d20	Flavor	d20	Flavor
1	Sea urchin	10	Sawdust
2	Grain whiskey	11	Human flesh
3	Burnt pork	12	Umeboshi plums
4	Teriyaki sauce	13	Beef liver
5	White chocolate	14	Cranberry juice
6	Peppermint oil	15	Salted caramel
7	Black garlic	16	Coffee grounds
8	Ghost peppers	17	Asparagus dip
9	Bubble gum	18-20	Roll twice more

Typical Beholder

Add +5 when you make an Intelligence check, attack, or save. Then roll on the Wild Magic Surge table.

- Meat (jowls) ☐
- Meat (eye stalks) ☐
- Dairy (cosmic milk) ☐

Death Tyrant

Add +5 when you make a saving throw. Then roll on the Wild Magic Surge table.

- Meat (jaw bone) ☐
- Extract (purple marrow) ☐
- Extract (purple marrow) ☐

Spectator

Add +2 when you make an Intelligence check, attack, or save. Then roll on the Wild Magic Surge table.

- Meat (jowls) ☐
- Meat (eye stalks) ☐

Chuul

Add +2 when you make a Strength check, attack, or save.

Chuuls were created when aboleths mutated normal crustaceans, and the taste reflects this. Chuul taste like butter-soaked crab, with deep briny notes.

Those that dislike the strong salty flavor can soak the meat in a pot of water with some potato chunks. The potatos will leech out the salt, softening the flavor.

- Crustacean (claws) ☐
- Crustacean (claws) ☐
- Seafood (tentacles) ☐

Cloaker

Cast *mirror image* as an action, requiring no components.

Cloaker meat is stretchy, clammy, and almost flavorless. It is redeemable if cooked in a stew with more a flavorful ingredient like coconut. Cloaker remains popular for the powerful benefit it offers to the eater.

Consuming cloaker flesh allows the eater to mimic the cloaker's ability to produce pyschic projections of oneself.

- Seafood (pectoral fin) ☐
- Seafood (pectoral fin) ☐
- Seafood (ribs) ☐

GRELL OFFAL

Flumph

Add +2 when you make an Intelligence check, attack, or save.

If a flumph has used their stench spray today, simply snip off the tendrils and eyestalks and roast them over a fire for a flavor similar to green onion.

If they haven't used their stench spray yet, then one must first remove the stink sack, or soak the flumph in vinegar from your Cook's Utensils to nullify it.

- Meat (bell) ☐

Gibbering Mouther

Increase your reach by 5 feet for one melee attack.

Gibbering mouthers are chemically volatile, but can be neutralized to make them safe for humanoid consumption.

Boil hardwood ashes from Alchemist's Supplies or an Herbalism Kit. Skim the liquid lye that forms at the top of the water. Remove all the mouther's eyes and teeth. This is easy, as mouthers have the consistency of cold peanut butter. Warm the mouther meat and mix in the lye, along with some salt and yeast from your Cook's Utensils.

The resulting red dough can be baked into bread or boiled into noodles. The taste ranges from subtly salty to robust and beer-like.

- Extract (aberrant dough) ☐
- Extract (aberrant dough) ☐

Grell

Add 1d6 when you make an Intelligence check, attack, or save, then take lightning damage equal to the roll.

The bottom portion of grell tentacles must be cut away, but the upper portion is edible but chewy. Similarly, the beak is edible, but the brain is quite nourishing.

Grell meat crackles with low-voltage electricity, even after death. This can be removed by touching it to a large piece of metal, but resist the temptation! It isn't dangerous, and the electrical meat is deliciously crispy and smokey.

Cook it with wooden and ceramic Cook's Utensils to prevent accidental grounding.

- Meat (brain) ☐
- Seafood (upper tentacles) ☐

There is a 75% chance of also finding:

- Eggs ☐

Intellect Devourer

Add +2 when you make an Intelligence check, attack, or save.

The paws are made of an undigestible form of matter, but the brain-like body tastes of firm roe. Overcooking it will cause it to be mushy and clumpy, so take the meat off the heat as soon as it goes from pink to pale blue.

When pan-seared, the lobes go well with baked brie.

- Meat (brain-like tissue) ☐

Mind Flayer

Become immune to psychic damage for 1 round. You can do this when you are dealt psychic damage to ignore it.

Mindflayer meat is appropriately squiddy, but with subtle notes of strange flavors that are difficult to place. An experienced palate may catch strains that are reminiscent of vinaigrette, raspberries, and walnut.

The brain of a mind flayer comes apart in wedge-like chunks like an orange, and cooks like creamy crab meat.

- Seafood (tentacles) ☐
- Seafood (dorsal meat) ☐
- Crustacean (brain tissue) ☐

Nothic

Add +2 when you make a Wisdom check, attack, or save.

Nothics are humanoids mutated by raw magic. The meat is porkish like most humanoids, but mingled with a spiced warmth. In the eye, the spice taste is more concentrated, almost boozy.

If you prefer the taste of regular humanoid, casting *remove curse* on nothic meat reverts the flavor to normal.

- Meat (muscles) ☐
- Meat (eye) ☐

Otyugh

Add +6 when you make a check, attack, or save.

Otyughs are the most odious creature in this book, and the race is not close. I have never found a recipe for otyugh that didn't make me vomit. Good luck.

The "meat" of an otyugh is a rubbery quilt of pockmarks and pustles. Even when well-cleaned, it produces a diseased fecal smell. The taste is even more foul, like sweet rotten elephant, with a distinctly wormy tang.

The only edible parts are those which were regularly cleansed with sweat while the creature was alive.

- Meat (armpits) ☐
- Meat (feet) ☐

Boiled Armpits

To make a dish with otyugh meat, the chef must make a DC 30 Wisdom check with their Cook's Utensils. A chef without proficiency in Cook's Utensils automatically fails this check.

On a failure, the dish grants no benefits or nourishment. Any creature that eats the dish is poisoned for 2d4 hours.

Slaad

Slaadi don't actually need to be cooked, as they aren't technically made of real meat. Be sure to cut away any ovipositors and bone hooks before mashing the corpse into a pulp.

The resulting slime is painfully sweet, with strange undertones that depend on the slaad's color.

- Red slaadi taste syrupy and acrid, like burnt butterscotch.
- Blue slaadi taste sickly and chemical, like medicinal cotton candy.
- Green slaadi taste cloying and rotten, like rancid jam.
- Gray slaadi taste saccharine and artificial, like sugary ink.
- Death slaadi taste candied and metallic, like licorice boiled in blood.

Red, Blue, or Green Slaad

Add +3 when you make a saving throw against a spell or magical effect.

- Extract (pulverized legs) ☐
- Extract (pulverized arms) ☐
- Extract (internal slime) ☐

There is a 20% chance of finding:

- Seafood (tadpole) ☐

Gray or Death Slaad

Add +4 when you make an attack roll.

- Extract (pulverized flesh) ☐
- Extract (internal slime) ☐

There is a 20% chance of finding:

- Seafood (tadpole) ☐

TAFFY MADE FROM SLAAD SLIME

Beasts

From common venison and braces of coney, to wild tiger and giant bats, beasts have a wide variety of flavors. Most gourmands see beasts as the limit of culinary exploration, but the connoisseur knows it is only the start.

Ape

Ape meat is stringy and lean. It's naturally dry, so be sure to cook it with oil or sauce.

Typical Ape

This creature provides no monstrous ingredients.

Giant Ape

> Add +3 when you make a Strength check, attack, or save.

- Meat (ribs) ☐
- Meat (belly) ☐
- Meat (arms) ☐
- Meat (legs) ☐

There is a 50% chance of also finding:

- Dairy (milk) ☐

Axe Beak

> Add +2 when you make a melee attack.

Axe beaks have a healthy rich meat. Unlike most other birds, you can prepare it rare like a steak.

- Poultry (wings) ☐
- Poultry (breasts) ☐
- Poultry (thighs) ☐

There is a 50% chance of also finding:

- Eggs ☐

Baboon

Baboon meat is so thin and gritty, that only the ribs have enough fat to cook properly. This meat is an acquired taste.

This creature provides no monstrous ingredients.

Badger

Badger meat has a watery ham-like taste. It is a popular breakfast food amongst peasants who can't afford pork.

Typical Badger

This creature provides no monstrous ingredients.

Giant Badger

> Add +2 when you make a Constitution check, attack, or save.

- Meat (fore legs) ☐
- Meat (hind legs) ☐

There is a 50% chance of also finding:

- Dairy (milk) ☐

Bat

The diet of an animal influences the flavor of its meat. Bats that eat fruit have a clean, almost sweet flavor. The meat of vampire bats is often mildewy.

Typical Bat

This creature provides no monstrous ingredients.

Giant Bat

> Add +2 when you make a Wisdom check, attack, or save.

- Meat (shoulders and wings) ☐
- Meat (belly) ☐

There is a 50% chance of also finding:

- Dairy (milk) ☐

Swarm of Bats

This creature provides no monstrous ingredients.

Blood Hawk

Not only do blood hawks taste rank, but their vermin-based diet means they are often riddled with parasites.

This creature provides no monstrous ingredients.

Boar

Boar meat is darker and more intense than farmed pork, with lovely nutty notes. This is a prized ingredient compared to other non-magical beasts.

Typical Boar

This creature provides no monstrous ingredients.

Giant Boar

> If you take 10 or less damage that would drop you to 0 hit points, drop to 1 hit point instead.

- Meat (ham) ☐
- Meat (loin) ☐
- Meat (belly) ☐

There is a 50% chance of also finding:

- Dairy (milk) ☐

Bear

This meat is fatty and greasy, but the taste is deliciously rich. Bear milk is thick and good for making desserts.

Black or Brown Bear

Brown and black bear meat can taste a little oily.

This creature provides no monstrous ingredients.

Polar Bear

Polar bear has a slight fishy taste that cuts nicely through the fat.

This creature provides no monstrous ingredients.

Camel

Camel is beef-like, and rewards patience. When lightly cooked it is tough and leathery, but the longer it is simmered, the more tender and delicious it becomes.

This creature provides no monstrous ingredients.

Cat

Cat meat can be a good warming dish. Pair it with strong flavors, as it is not particularly flavorful.

This creature provides no monstrous ingredients.

Crab

Various crabs are eaten across Faerûn. They are known for their creamy meat, best served with butter.

Typical Crab

This creature provides no monstrous ingredients.

Giant Crab

> Add +2 when you make a Constitution check, attack, or save.

- Crustacean (abdomen) ☐
- Crustacean (claws) ☐

Crocodile

Crocodile meat is flaky and light when cooked properly. Try substituting this in for fish in some of your favorite recipes. Their eggs are a delicacy amongst kobolds.

Typical Crocodile

This creature provides no monstrous ingredients.

Giant Crocodile

> Add +3 when you make a Strength check, attack, or save.

- Seafood (legs) ☐
- Seafood (ribs) ☐
- Seafood (belly) ☐
- Seafood (tail) ☐

There is a 50% chance of also finding:

- Eggs ☐

Deer

Venison is better if you scrape out the connective tissue and fat. The meat itself is subtle, earthy, and pleasant.

This creature provides no monstrous ingredients.

CHUNKS OF POLAR BEAR

Dinosaur

Dinosaur meat lands somewhere between red meat and poultry, but different species must be cooked differently. They roam the jungles of Chult, which provides various spices and fruits to accent the dish.

Allosaurus

> Add +2 when you make a melee attack.

Allosaurus is grainy, but a good soak before cooking will alleviate this. The flavor is turkey-like.

- Poultry (tail) ☐
- Poultry (thigh) ☐
- Poultry (breast) ☐

There is a 50% chance of also finding:

- Eggs ☐

Ankylosaurus

> Add +2 to your AC for one round.

Ankylosaurus is almost all slow-twitch muscle. This is a boon for those who like dark meat. It still cooks like beef however, so don't use it in poultry recipes.

- Meat (front flanks) ☐
- Meat (ribs) ☐
- Meat (rear flanks) ☐
- Meat (tail) ☐

There is a 50% chance of also finding:

- Eggs ☐

Plesiosaurus

> Add +2 when you make a check or attack while swimming.

Plesiosauruses constantly fight the currents, making their meat very chewy. However, if you get your barbarian to tenderize it, it can be fall-off-the-bone.

- Meat (neck) ☐
- Meat (belly) ☐
- Seafood (fins) ☐

ANKYLOSAURUS TAIL

PTERANODON EGGS

Pteranodon

> Add +2 when you make a Dexterity check, attack, or save.

Their fish-based diet gives their meat a salty flavor. Pteranodon is flakey and crisps nicely when seared.

- Poultry (wing) ☐
- Poultry (wing) ☐

There is a 50% chance of also finding:

- Eggs ☐

Triceratops

> Add +3 when you make a Strength check, attack, or save.

Triceratops is perhaps the most delicious of the dino-meats. It is hearty, clean, and variegated with succulent reptilian fat.

Pair it with dark woody flavors like bamboo or spinach.

- Meat (chuck) ☐
- Meat (sirloin) ☐
- Meat (flank) ☐
- Meat (rump) ☐

There is a 50% chance of also finding:

- Eggs ☐

Tyrannosaurus Rex

> When you hit with a melee attack, deal 4d4 extra damage.

When you get tyrannosaur meat, you get a lot of it, but you won't get bored of its complex flavor. Rex is rich, and lightly tangy. The meat is sweetest near the bone.

Try it with teriyaki!

- Meat (tail) ☐
- Meat (thigh) ☐
- Meat (thigh) ☐
- Meat (breast) ☐

There is a 50% chance of also finding:

- Eggs ☐

Dire Wolf

> Add +2 when you make a Wisdom check, attack, or save.

Dire wolf meat is firm, with a very strong pungent flavor. It tastes sharp and rare, regardless of how well-cooked it is. Cooking it slowly will tenderize it. Compliment the rich flavor with mellow sweet fruits like peaches or figs.

- Meat (fatback) ☐
- Meat (belly) ☐
- Meat (legs) ☐

There is a 50% chance of also finding:

- Dairy (milk) ☐

Eagle

Typical Eagle

Normal eagle meat is dark, oily, and often tastes of fish. If cleaned well, it is serviceable.

This creature provides no monstrous ingredients.

Giant Eagle

> Add +2 when you make a Charisma check, attack, or save.

Giant eagles are sapient noble animals. They are also delicious. What was oily in a normal eagle is buttery in a giant one. When roasted, they develop a crispy skin which pairs well with white pepper, celery salt, and paprika.

- Poultry (wings) ☐
- Poultry (breast) ☐
- Poultry (drums) ☐

There is a 50% chance of also finding:

- Eggs ☐

Elephant

Raw elephant meat is unsettlingly jiggly. Overcooked elephant meat is crumbly and ashy. But the adventurer who can cook an elephant well has a large source of mild savory meat.

This creature provides no monstrous ingredients.

Elk

This is one of the better tasting wild beasts. Their meat is bright and delicate.

Elk

Normal elk often tastes of the sage they eat.

This creature provides no monstrous ingredients.

Giant Elk

> Add +2 when you make a Wisdom check, attack, or save.

Giant elk are touched by Fey legend. Their meat and milk are well infused with the strange herbs they graze on, and require no seasoning.

- Meat (backstraps) ☐
- Meat (brisket) ☐
- Meat (chuck) ☐
- Meat (flanks) ☐

There is a 50% chance of also finding:

- Dairy (milk) ☐

GIANT ELK RIBS

Farmyard Animal

These are the fundamentals, the basic meats, eggs, and milks upon which most recipes are based. Master these, and then move on to more interesting horizons.

Cattle

Beef is satisfying and savory, but the tenderness varies wildly based on the cut. Marinate the tougher cuts and tenderize them well.

Cow's milk can be used to make a lovely variety of cheeses, depending on the culture. Humans especially excel at this.

This creature provides no monstrous ingredients.

Chicken

Chicken is mild, with a unique umami flavor especially in the dark meat. It is a staple meat, especially among farmers that can't afford a cow.

The eggs are buttery, and almost every halfling culture eats them.

This creature provides no monstrous ingredients.

Duck

Duck meat is very rich, almost oily, with a distant sweetness. You can easily crisp the skin by rendering out the fat.

Duck eggs are creamier and silkier than chicken eggs. They are great for baking.

This creature provides no monstrous ingredients.

Fish

Fish is a very very broad category. While chickens and pigs can be found across many farms, fish differ dramatically from one river to the next.

As far as cooking tips, talk to locals for specifics, but always remember to use fresh fish, and cook until it flakes easily with a fork.

This creature provides no monstrous ingredients.

Pig

Pork is pleasantly umami, but very susceptible to the flavors of its environment. The best pigs eat grains, wild grasses, and fresh vegetables. Sear in the flavor, and pair with sweet or herby ingredients to compliment the savoriness.

This creature provides no monstrous ingredients.

Rabbit

Rabbit is delicate, with gamey accents if hunted in the wild. The meat is lean, so stewing and braising is your best strategy.

To me, there is no better addition to rabbit meat than crushed garlic, deglazed with a red wine.

This creature provides no monstrous ingredients.

Additional Statblocks

The original rules do not present statblocks for a few farmyard beasts that may be relevant for an adventuring chef. They are presented here for completeness.

You can also use the chicken statblock for a turkey, the duck statblock for a goose, and the fish statblock for a salmon, cod, trout, snapper, bass, mahi-mahi, or perch.

ROAST CHICKEN PLATTER

Cattle

Large beast, unaligned

Armor Class 10
Hit Points 22 (3d10+6)
Speed 40 ft.

STR	DEX	CON	INT	WIS	CHA
18 (+4)	10 (+0)	14 (+2)	3 (-4)	10 (+0)	6 (-2)

Senses passive Perception 10
Challenge 1/4 (50 XP)

Charge. If the cattle moves at least 20 feet straight toward a target and then hits it with a gore attack on the same turn, the target takes an extra 5 (2d4) piercing damage.

Actions

Gore. *Melee Weapon Attack:* +6 to hit, reach 5 ft., one target. *Hit:* 8 (1d6 + 4) piercing damage.

Chicken

Tiny beast, unaligned

Armor Class 10
Hit Points 1 (1d4-1)
Speed 25 ft.

STR	DEX	CON	INT	WIS	CHA
3 (-4)	10 (+0)	9 (-1)	2 (-4)	8 (-1)	6 (-2)

Senses passive Perception 9
Challenge 0 (10 XP)

Flapping Hops. The chicken's long and high jump are both up to 25 feet, with or without a running start.

Actions

Beak. *Melee Weapon Attack:* +0 to hit, reach 5 ft., one target. *Hit:* 1 (1d1) piercing damage.

Fish

Tiny beast, unaligned

Armor Class 12
Hit Points 1 (1d4-1)
Speed 0 ft., swim 40 ft.

STR	DEX	CON	INT	WIS	CHA
2 (-4)	14 (+2)	9 (-1)	1 (-5)	7 (-2)	4 (-3)

Senses Darkvision 30 ft., passive Perception 8
Challenge 0 (10 XP)

Water Breathing. The fish can breathe only underwater.

Duck

Tiny beast, unaligned

Armor Class 10
Hit Points 1 (1d4-1)
Speed 20 ft., swim 30 ft., fly 50 ft.

STR	DEX	CON	INT	WIS	CHA
3 (-4)	11 (+0)	8 (-1)	2 (-4)	10 (+0)	6 (-2)

Senses passive Perception 10
Challenge 0 (10 XP)

Actions

Bill. *Melee Weapon Attack:* +0 to hit, reach 5 ft., one target. *Hit:* 1 (1d1) bludgeoning damage.

Pig

Medium beast, unaligned

Armor Class 10
Hit Points 5 (2d4)
Speed 25 ft.

STR	DEX	CON	INT	WIS	CHA
12 (+1)	11 (+0)	10 (+0)	4 (-3)	10 (+0)	6 (-2)

Senses passive Perception 10
Challenge 0 (10 XP)

Actions

Bite. *Melee Weapon Attack:* +2 to hit, reach 5 ft., one target. *Hit:* 2 (1d4) piercing damage.

Rabbit

Tiny beast, unaligned

Armor Class 13
Hit Points 1 (1d4-2)
Speed 40 ft.

STR	DEX	CON	INT	WIS	CHA
2 (-4)	16 (+3)	7 (-2)	2 (-4)	12 (+1)	7 (-2)

Senses Darkvision 30 ft., passive Perception 10
Challenge 0 (10 XP)

Keen Hearing. The rabbit has advantage on Wisdom (Perception) checks that rely on hearing.

Standing Leap. The rabbit's long jump is up to 10 ft. and its high jump is up to 5 ft., with or without a running start.

Flying Snake

Add +2 when you make a Dexterity check, attack, or save.

Flying snakes nest in overripe fruit, which adds a sweet citrusy flavor to their meat. Charring or boiling will overpower this subtle taste, but a sprinkle of salt will enhance it.

Poisoning is not a risk as long as the snakes' heads are cut off before cooking, and the snake hasn't bit itself recently.

Three flying snakes provide enough meat for one ingredient:

- Poultry (muscles) ☐

Frog

Most frogs have a mild alkaline flavor.

Typical Frog

A plate of normal frog legs is a delicacy in some cultures.

This creature provides no monstrous ingredients.

Giant Frog

Double your jump distance for one round.

Giant frogs burrow deeper in the mud than normal frogs, which sometimes adds a bitter aftertaste.

- Meat (legs) ☐
- Meat (belly) ☐

There is a 50% chance of also finding:

- Eggs (frogspawn) ☐

Giant Toad

Triple your jump distance for one round.

- Meat (left leg) ☐
- Meat (right leg) ☐
- Meat (belly) ☐

There is a 50% chance of also finding:

- Eggs (frogspawn) ☐

Giant Centipede

Add +2 when you make a Constitution check, attack, or save.

Giant centipedes taste like vinegar-soaked shrimp. Remove the head with a clean cut, and cook them well to burn off any mites it might have.

- Crustacean (flesh) ☐

Giant Fire Beetle

Add 1d4+1 to one fire damage roll you make.

Carefully pop off the segments that contain their bioluminescent fluids, as these are bitter and toxic. Their meat has a piquant pepperiness.

- Crustacean (legs) ☐

Goat

Goat meat is musky. A smart chef works with their distinctive flavor, instead of trying to smother it. Try adding red pepper or coriander!

Typical Goat

This creature provides no monstrous ingredients.

Giant Goat

Add +2 when you make a Strength check, attack, or save.

- Meat (legs) ☐
- Meat (brisket) ☐
- Meat (shoulder) ☐

There is a 50% chance of also finding:

- Dairy (milk) ☐

Hawk

Hawk meat is acrid and stringy. In addition, their innards are toxic to humanoids, particularly their liver.

This creature provides no monstrous ingredients.

Horse

Horse meat is very similar to beef, with a subtle sweet aftertaste. Mare milk is silky and underrated. It is reportedly also good for the skin.

Draft Horse

Draft horses tend to be fattier and better tasting due to a grass diet.

This creature provides no monstrous ingredients.

Riding Horse

Riding horses tend to be lean, but not unpleasant.

This creature provides no monstrous ingredients.

War Horse

War horses are tough, but filling.

This creature provides no monstrous ingredients.

Hyena

Wild hyena can taste quite funny (hehehe). As scavengers, they carry all the sulfury flavor of the rotten carrion they consume. The meat is rough and almost sticky, but there's something almost indulgent about eating something so gamey.

However, hyenas raised for butchery are supple, tender, and can be cut with a spoon. Pair them with pineapple or pat them with saffron. Suckling hyena is best of all.

Admittedly, hyena is an acquired taste. Non-gnolls might not like it at first, but give it a chance!

Typical Hyena

This creature provides no monstrous ingredients.

Giant Hyena

> Add +2 when you make a Charisma check, attack, or save.

- Meat (shoulders) ☐
- Meat (ribs) ☐
- Meat (flanks) ☐

There is a 50% chance of also finding:

- Dairy (milk) ☐

Insect

Insects, particularly bees and wasps, have a bitter, vinegary taste, which becomes smoky under any amount of heat.

Giant Wasp

> Add +2 when you make a Dexterity check, attack, or save.

- Crustacean (legs) ☐
- Crustacean (abdomen) ☐

Swarm of Insects

This creature provides no monstrous ingredients.

Jackal

Jackal meat is dry, knotty, and lean. The crumbly texture isn't ideal, but most diseases in the meat should cook out.

This creature provides no monstrous ingredients.

Killer Whale

The skin must be peeled away, but the blubber can be cooked in with the meat. Consider boiling it in a hot pot, or cutting it into bacon.

This creature provides no monstrous ingredients.

Lion

Lion meat is dark red, and tastes rich with a metallic sting. Proper draining and seasoning can reduce the iron flavor. Female lions provide tougher leaner meat which can be tenderized by braising.

This creature provides no monstrous ingredients.

Lizard

Amongst humanoids, lizards are often fried and served on a bed of spiced vegetables.

Typical Lizard

This creature provides no monstrous ingredients.

Giant Lizard

> Add +3 when you make a Strength check, attack, or save.

- Meat (ribs) ☐
- Meat (belly) ☐
- Meat (tail) ☐

There is a 50% chance of also finding:

- Eggs ☐

Mammoth

> Gain 3d4 temporary hit points.

Mammoth meat, like elephant, is wobbly and difficult to cook. However, the meat is better and more marbled, and their fatty trunks are popular in colder mountain climates.

Mammoth cheese is gooey, with a round wholesome flavor. Try it once at any price.

- Meat (legs) ☐
- Meat (round) ☐
- Meat (shoulder) ☐
- Meat (trunk) ☐

There is a 75% chance of also finding:

- Dairy (milk) ☐

Mastiff

Hounds provide fragrant steaks. When pan-searing mastiff meat, deglaze any gristle left in the skillet with wine to make an easy gravy.

This creature provides no monstrous ingredients.

Mule

Mule meat is ropy and tough due to their work-intensive lifestyle. This meat does not stand on its own and demands onions, gouda, or some other savory garnish.

Mules are sterile, but do provide milk on occasion.

This creature provides no monstrous ingredients.

Octopus

Octopus is soft and velvety, but overcooking even slightly can cause it to become dry and chewy like rubber. Take it off the heat when you can pierce the base of a tentacle with little resistance.

Typical Octopus

This creature provides no monstrous ingredients.

Giant Octopus

> Add +2 when you make a Dexterity check, attack, or save.

- Seafood (mantle) ☐
- Seafood (tentacles) ☐
- Seafood (tentacles) ☐

Owl

Birds of prey tend to taste more bitter than herbivorous birds, and owls are no exception. Dry out the meat with salt or smoke to drain the bitter juices, then revitalize it with wine or broth before serving.

Typical Owl

This creature provides no monstrous ingredients.

Giant Owl

> Add +2 when you make a Wisdom check, attack, or save.

- Poultry (wings) ☐
- Poultry (breast) ☐
- Poultry (thighs) ☐

There is a 50% chance of also finding:

- Eggs ☐

Panther

Panthers, despite their beautiful sinewy appearance, actually have a very boring flavor. However, they absorb surrounding flavors well.

Pair them with umami flavors like button mushrooms, or tart flavors like cranberries.

This creature provides no monstrous ingredients.

Pony

Like horses, ponies have a subtly sweet aftertaste. Pony is usually a little more silky and moist, however.

This creature provides no monstrous ingredients.

Quipper

Quippers are salty and taste more “fishy” than the typical fish, with a semi-firm texture.

Typical Quipper

This creature provides no monstrous ingredients.

Swarm of Quippers

This creature provides no monstrous ingredients.

Rat

Wild rat is gamey, with a chalky texture. Be careful, as rats can carry poisons set by humanoids, or be diseased.

Typical Rat

This creature provides no monstrous ingredients.

Giant Rat

> Add +2 when you make a Dexterity check, attack, or save.

- Meat (carcass) ☐

Swarm of Rats

This creature provides no monstrous ingredients.

Raven

Raven meat is waxy, but very pleasant when dried out before cooking. Stuff them with bread to absorb excess oil.

Typical Raven

This creature provides no monstrous ingredients.

Swarm of Ravens

This creature provides no monstrous ingredients.

Rhinoceros

Rhinoceros meat is pale, dense, and remarkably tough. But cut it into thin slices, and tenderize each slice, and you can enjoy its lovely flavor, which is strangely reminiscent of water chestnuts.

A rhino horn, while beautiful, is inedible and bland. Just sell it to a wizard and use the money to buy fennel and cloves.

This creature provides no monstrous ingredients.

Scorpion

Scorpion flesh is salty and dry, with a prawn-like texture. Obviously, cut off the tail-tip first. An inexperienced chef should cut off the whole tail to be safe.

Typical Scorpion

This creature provides no monstrous ingredients.

Giant Scorpion

> Add +2 when you make a Constitution check, attack, or save.

- Crustacean (claws) ☐
- Crustacean (abdomen) ☐
- Crustacean (tail) ☐

Sea Horse

Sea horses have exoskeletons, which make them a pain to eat. However, the tiny nugget of meat in their bellies is complex, subtle, with notes of seaweed, snapper, and cream.

Not sure why, but elves seem to find the flavor foul.

Typical Sea Horse

This creature provides no monstrous ingredients.

Giant Sea Horse

> Add +2 when you make a Wisdom check, attack, or save.

The motherlode. As delicious as their minute counterparts, but with pounds of plentiful meat.

- Seafood (chest) ☐
- Seafood (belly) ☐
- Seafood (tail) ☐

SMOKED SEAHORSES ON A STICK

Shark

Look. Sharks urinate through their skin.

This unfortunate fact gives their gummy meat a strong ammonia flavor. This can be countered by soaking it in milk before cooking, or cleansing it with *prestidigitation*. You can tell the meat is ready to eat when the flesh goes from translucent to solid white.

Reef or Hunter Shark

This creature provides no monstrous ingredients.

Giant Shark

> Add +3 when you make an attack.

- Seafood (fins) ☐
- Seafood (dorsal meat) ☐
- Seafood (pectoral meat) ☐
- Seafood (tail) ☐

Snake

Snake meat is high in protein, and inoffensive in flavor, but rarely worth the trouble of fighting a snake. Try it fried, with plenty of spices, as it carries those well.

Poisonous snakes are safe to eat if the head is removed, and the snake has not bitten itself. Constrictor snakes can have tougher meat and usually give birth to live young, so don't expect any eggs.

Typical Poisonous Snake

This creature provides no monstrous ingredients.

Giant Poisonous Snake

> Add +2 when you make a Dexterity check, attack, or save.

- Meat (upper tail) ☐
- Meat (lower tail) ☐

There is a 50% chance of also finding:

- Eggs ☐

Swarm of Poisonous Snakes

This creature provides no monstrous ingredients.

Typical Constrictor Snake

This creature provides no monstrous ingredients.

Giant Constrictor Snake

> Add +2 when you make a Dexterity check, attack, or save.

- Meat (neck) ☐
- Meat (upper tail) ☐
- Meat (lower tail) ☐
- Meat (tail tip) ☐

Spider

Spider flavor is largely influenced by the ratio of meat to exoskeleton, which means the size of the spider totally changes the flavor profile.

Typical Spider

Tiny spiders are nutty and woody.

This creature provides no monstrous ingredients.

Giant Wolf Spider

> Add +2 when you make a Dexterity check, attack, or save.

Medium spiders are a little crabbier, with a nutty aftertaste.

- Crustacean (legs) ☐
- Crustacean (abdomen) ☐

Giant Spider

> Add +2 when you make a Constitution check, attack, or save.

Large spiders are very lobstery, and pair well with antidote.

- Crustacean (front legs) ☐
- Crustacean (back legs) ☐
- Crustacean (abdomen) ☐

Stirge

> When you take piercing or slashing damage, reduce it by 2d4 to a minimum of 0.

The meat is knotty and gristled, basically unsalvageable. The blood however is savoury and silky. Let it coagulate into a semi-solid, then simmer it over a low heat to kill any disease without cooking it.

The extra blood in your body will make future wounds sting a little bit less.

- Extract (blood jelly) ☐

Tiger

Tiger meat is succulent, with thin striations of marbled fat which give it an almost veal-like texture. It is best cooked rare, as this preserves the tenderness.

Saber-toothed tiger is even better, as their mammoth-heavy diet gives them a more buttery flavor.

This creature provides no monstrous ingredients.

Vulture

Unsurprisingly, vulture meat smells of rot. The meat is oddly sweet, with a sickly wet mouthfeel.

Typical Vulture

This creature provides no monstrous ingredients.

Giant Vulture

> Add +2 when you make a Strength check, attack, or save.

- Poultry (wings) ☐
- Poultry (breast) ☐
- Poultry (thighs) ☐

There is a 50% chance of also finding:

- Eggs ☐

Weasel

Weasel meat is moist, almost to the point of being slimy. Washed well, it is usable. Frying it will help to hide the texture.

Typical Weasel

This creature provides no monstrous ingredients.

Giant Weasel

> Add +2 when you make a Dexterity check, attack, or save.

- Meat (ribs) ☐
- Meat (belly) ☐

There is a 50% chance of also finding:

- Dairy (milk) ☐

Wolf

Wolf meat is lean and sharp. It is best served rare to show off its wild flavor. Wolf sausage is particularly popular amongst goblins.

This creature provides no monstrous ingredients.

Celestials

Religions grow like flowers across the gardens of Faerûn, each a different shape and color. As different as they are, so to are the beings they worship. Depending on the virtues of the culture, celestial meat can be chastely bland, boldly spicy, or generously sweet. Get ready for some heavenly dishes!

Angel

Angels are manifestations of divine will. As such, they have none of the imperfect flavorful chemicals of earthly beings. Their flesh is instead composed of a celestial substance called manna.

Manna is thin, flakey, and profoundly bland. Angel blood evaporates quickly, leaving behind clean dry manna. The manna is immutably pure, and neither seasonings nor magic can flavor it.

Twenty-four hours after death, manna rapidly rots, becoming foul and inedible. However, manna does not rot on holy days or the last day of the week.

Hellish Hunger

Tieflings and fiends find angel meat irresistible. To them, it tastes like spiced wafers and honey. When such a being eats angel meat, they must make a DC 17 Wisdom saving throw or become addicted and gain the following traits:

- They require three times as much food and water.
- They experience nightmares about starving.
- They gain the flaw: "I can justify almost anything if it gets me closer to eating angel meat again."

The hunger can be cured by *greater restoration* if casted by someone drawing power from the Lower Planes.

Deva

Add +4 to your AC for 1 round and regain 4d4 hit points.

- Poultry (wings) ☐
- Meat (ribs) ☐

Planetar

Add +5 to your AC for 1 round and regain 5d6 hit points.

- Poultry (wings) ☐
- Meat (ribs) ☐
- Meat (legs) ☐

Solar

Add +7 to your AC for 1 round and regain 7d8 hit points.

- Poultry (left wing) ☐
- Poultry (right wing) ☐
- Meat (body) ☐

Couatl

Add +2 when you make a saving throw.

Couatl meat always tastes aged, with a piquant spiciness that is difficult to place. The god they serve is long forgotten, and with it any traditional recipes. I recommend a confit.

Their beautiful gem-like eggs are unfortunately completely inedible.

- Poultry (wings) ☐
- Meat (tail) ☐

Empyrean

Be cured of all curses, poisons, diseases, and conditions.

Empyrean meat is rare and wonderful. Their immortal nature remains present after death, so their meat never rots or goes stale (though dishes that contain it can). The taste is rich, with floral notes, like veal washed in rose water.

The flavor of an empyrean's ichor changes with their mood. The last emotion they feel determines the ichor's flavor after death. The emotion is typically confidence, as empyreans usually refuse to believe they can be slain.

Emotion	Flavor
Confidence	Warm boozy honey
Rage	Wild tangy heat
Woe	Darkly bitter cacao
Confusion	Sweet and sour
Terror	Bright cold salt
Love	Mellow peachy syrup

- Meat (legs) ☐
- Meat (ribs) ☐
- Meat (shoulder) ☐
- Extract (celestial ichor) ☐

PISTACHIO CAKE WITH CELESTIAL ICHOR

FERMENTED UNICORN BLOOD

Pegasus

Add +2 when you make a Wisdom check, attack, or save.

Pegasi, like mundane horses, taste like beef with a subtle sweetness. The difference is that pegasi are never adulterated by age, toughness, or poor diet. Instead, the taste is light, clean, and fresh.

The wing meat is similar, but reminiscent of swan.

A dark ritual can transform a pegasus into a nightmare, and the taste is even better.

- Poultry (wings) ☐
- Meat (brisket) ☐
- Meat (flanks) ☐

There is a 25% chance of also finding:

- Dairy (milk) ☐

Unicorn

Be cured of all non-magical diseases and poisons. If you are older than a young adult, become a young adult.

Unicorn meat is lovely, but people aren't poaching them for their flavor. Eating a unicorn can extend one's life unnaturally. If lichdom is too difficult and casting *clone* is too expensive, unicorn meat can be a good first step into immortality.

Unicorns flow with subtle healing energies, which imbue them with complex umami flavor. The meat is tender, like young foal. The sacred glen in which unicorns are found can provide a variety of appropriate spices.

Unicorn blood is bright and crisp, and seems like it would be refreshing, but it always leaves one thirstier than they were before.

The horn is disappointingly inedible. I've heard druids can craft them into wands or potions or something, but they're not much use to a chef.

- Meat (brisket) ☐
- Meat (shanks) ☐
- Extract (blood) ☐

Crime Against Nature

Eating a unicorn is a profoundly unnatural act. A humanoid that willingly consumes the blood or meat of a unicorn is cursed with the following effects:

- The cursed feels pain when interacting with natural magic, such as spells from a fey, druid, or nature cleric.
- The cursed has disadvantage on Wisdom (Animal Handling) checks.

Beasts and plant creatures within 120 feet of the cursed gain the following effects:

- They gain the ideal: "The cursed must leave or die."
- They have advantage on attack rolls against the cursed.

This curse can only be cleansed by the spell *remove curse* and only after the cursed has performed a great act of atonement. Removing the curse also removes the benefit it offers.

PEGASUS CHEESE AND FEATHER

Constructs

Yeah this is a tough one. But listen! With the right tools, you can eat anything. Scrape the lichen off of golems, boil the straw from a scarecrow. Remember to cast *shatter* and to taste before you season.

Animated Object

The magic that animates objects is palpable, and pulsing with vitality. As it settles into the object, it can leave behind a residue called kamite. An object over a century in age can develop kamite on its own, and spontaneously animate.

Kamite is so dark green it appears black. It forms as a gleaming oil, a glossy grease, or a sparkling powder. It cannot be removed from an animated object while it is alive, but after they die, it can be removed with a clean wet cloth and wrung out into a bowl.

While edible, kamite tastes industrial, metallic, and unpleasant. You can soften the flavors with low heat and baking soda from your Cook's Utensils. The result is an extract that just tastes vaguely salty.

To a warforged or construct however, fresh kamite tastes savory and tangy with a citrus aroma similar to ponzu.

Animated Armor

> Add +2 when you make a saving throw against a spell.

- Extract (kamite oil) ☐

Flying Sword

> Add +2 when you make a spell attack.

- Extract (kamite grease) ☐

Rug of Smothering

> Add +2 to your spell save DC for one round.

- Extract (kamite dust) ☐

Helmed Horror

> Add +2 when you make a saving throw against a spell or magical effect.

- Extract (kamite oil) ☐

Golem

Every type of golem is a unique challenge.

Clay Golem

> Add +4 when you make a Wisdom check, attack, or save.

Clay golems absorb and store acid they come into contact with. It's not magical, just a fact of their earthenware chemistry. Over time, the acid they store slowly gets infused with the divine energy animating the golem.

Drain the gelemic acid, and mix it with alkaline mineral water from Alchemist's Supplies or a Poisoner's Kit. Boil down the result to produce a deliciously sour yellow glaze.

- Extract (gelemic reduction) ☐

Flesh Golem

> Add +4 when you make a Strength check, attack, or save.

A dead flesh golem is a basically just pile of corpse parts. They can taste a little funky, so wash them well.

- Meat (recycled organs) ☐
- Meat (reused limbs) ☐

Iron Golem

> Add +5 when you make a Strength check, attack, or save.

Iron golems are made of heavy metal and poison gas. Totally inedible. However, the various pieces of an iron golem are "smelted with rare tinctures and admixtures", according to page 167 of the *manual of golems*.

The chemicals in an admixture include calcium chloride (a salty electrolyte), tartaric acid (a sour compound), and most importantly sodium gluconate (a chemical which prevents metallic flavor in food).

Cut out the joints and hinges of the golem, and crush them into a fine powder. You'll need a magical or adamantine weapon to do this. Stir the powder with a lodestone to draw out any iron filings, then run it through a sieve. You can find lodestones and sieves in Smith's or Tinker's tools.

Next, mix the powder into some yeast from your Cook's Utensils. This yeast is now poisonous. Cast *purify food and drink* on it. This banishes the toxic materials, leaving behind only an edible alchemical flour. Things baked with the flour will have a subtle salty tart profile, similar to sourdough, olive bread, or soup dumplings.

- Extract (alchemical flour) ☐

Stone Golem

Add +4 when you make an Intelligence check, attack, or save.

Where there are stone golems, there's ether lichen. This mottled green plant leeches off the animated energies of the golem. This connection means it cannot be removed while the golem lives, but after the golem dies you can scrape it off easily.

The lichen can be fermented as a brew, stewed in a hot pot, or stuffed into a roast. The herby flavor is similar to shallots.

- Produce (ether lichen) ☐

Homunculus

Add +2 when you make an Intelligence check, attack, or save.

Homunculi are made of ash, blood, and clay, formed around a mandrake root heart. Upon death, they dissolve into these components. Wash off the arcane detritus, then peel and slice the mandrake like a daikon.

- Produce (mandrake root) ☐

Familiar Flavor

Remember that a creature bound as a familiar has tied their essence to the caster's arcane power, and so vanishes completely upon death, leaving nothing behind to eat.

Modron

Add +2 when you make an Intelligence check, attack, or save.

Modron is the ortolan of the magical world.

These constructs are mostly mechanical, but their lips and eyes are fleshy and edible. However, upon death, all parts of a modron immediately disintegrate into dust.

Therefore, unfortunately, the only way to consume modron meat is to remove the eyes and/or lips from the creature while it is still alive. It is not worth it. The meat is bland and pallid. At least the dust makes a decent preservative for jellies and jams.

When eaten alive, modrons provide:

- Meat (facial organs) ☐

When eaten dead, modrons provide:

- Extract (extraplanar dust) ☐

Scarecrow

Add +2 when you make a Charisma check, attack, or save.

The dirty hay that fills a scarecrow tends to have an unpleasant barnyard taste. Mundane cleaning will only go so far, so separate it into piles smaller than 1 foot, and use *prestidigitation* to properly cleanse it. Clean hay can be woody and herbaceous, especially when slowly toasted.

The lingering evil energy from the scarecrow's inhabiting spirit brings some pleasant autumnal spices. It also slightly degrades the hay, making it digestible to humanoids.

- Produce (possessed hay) ☐
- Produce (possessed hay) ☐

Haunted Hay

Divine spells like *protection from evil and good* and *hallow* will exorcise the dark presence, rendering the hay inedible and removing any benefits it might provide.

Shield Guardian

Add +3 when you make a Constitution check, attack, or save.

Shield guardians have metal helmets, pauldrons, and other armor, but these pieces are connected by enchanted wood. The heartwood in their torso is softened by continual damage and regeneration, and is susceptible to healing magic.

Cast any healing spell, such as *cure wounds*, on the heartwood, and it will rejuvenate into supple heartwood shoots. A splash of healing elixir will have the same effect.

Heartwood shoots are rich, sweet, and crunchy even after cooking. Use them like bamboo in your recipes.

- Produce (heartwood shoots) ☐

CHOPPED HEARTWOOD SHOOTS WITH NUTS AND BOLTS

Dragons

My my, how the tables have turned. It is the ultimate indulgence, the utmost extravagance, to turn ones teeth back on these great devourers, to reduce these noble and terrible creatures to paté and bourguignon. What decadent perversity. A dragon ate my mother. Dig in.

Dragon

The true dragons, whether chromatic or metallic, are ancient powerful creatures. Their meat is hearty and almost supernaturally robust. The flavor is like nothing else on the Material Plane. There are specific notes unique to each kind of dragon, imparted by long exposure to elemental energies.

Cut away the hearty scales and thick skin to make accessing the meat easier. The liver and kidneys of an ancient dragon can be pulverized and strained to make an exotic sauce.

Dragon eggs are velvety and creamy, easily the best tasting on the Inner Planes. Unfortunately, they are rarely eaten, as adventurers can't resist stealing them to raise as their own. (This never ends well anyway.)

Cooking with Fire

Keep in mind that brass, gold, and red dragons are immune to fire, and must be served either raw (as in tartare or sushi) or cooked using spells that deal radiant damage. Radiant energies can bleach the meat, giving it an unusually pale appearance, but it doesn't affect the taste.

Deadly Detox

Usually when eating a venomous creature, one can just cut off the head or tail, but unlike snakes or scorpions, green dragons are suffused with elemental poisons down to their marrow. The only way to remove the poison is to parboil it in 500 gp of antitoxin for 1 hour.

Dragon Type Chart

Color	Damage	Flavor
Black	Acid	Balsamic vinegar
Blue	Lightning	Crispy ozone
Brass	Fire	Warming spices
Bronze	Lightning	Metallic tang
Copper	Acid	Floral citrus
Gold	Fire	Aromatic saffron
Green	Poison	Bittersweet herbs
Red	Fire	Smoked cayenne
Silver	Cold	Sweet cranberry
White	Cold	Refreshing camphor

Ancient Dragon

For 7 rounds, gain advantage on melee attacks and deal an extra 1d8 damage of your dragon's type on a melee hit. During these rounds, you have resistance to this damage type. If you have resistance from another source, you are immune instead.

- Meat (tail) ☐
- Meat (flank) ☐
- Meat (ribs) ☐
- Extract (organ juices) ☐
- Poultry (wings) ☐

There is a 50% chance of also finding:

- Eggs ☐

Adult Dragon

For 5 rounds, gain advantage on melee attacks and deal an extra 1d6 damage of your dragon's type on a melee hit. During these rounds, you have resistance to this damage type.

- Meat (tail) ☐
- Meat (flank) ☐
- Meat (ribs ☐
- Poultry (wings) ☐

There is a 50% chance of also finding:

- Eggs ☐

Young Dragon

For 4 rounds, gain advantage on melee attacks and deal an extra 1d6 damage of your dragon's type on a melee hit.

- Meat (flank) ☐
- Meat (ribs ☐
- Poultry (wings) ☐

Dragon Wyrmling

For 2 rounds, gain advantage on melee attacks and deal an extra 1d4 damage of your dragon's type on a melee hit.

- Meat (flank) ☐
- Poultry (wings) ☐

Dragon Turtle

Add +6 to your AC for one round.

Dragon turtle is a satisfying blend of draconic richness and delicate seafood. Steam it or boil it, and accent with green onions, mushrooms, and carrots.

Freshly caught dragon turtle is a little briny, but it allows you to do one of my favorite tricks. Flip the turtle on its back, and (from a safe distance) throw a spear at the triangular crease just below the ribs. This punctures the swim bladder, releasing the steam breath weapon, which cooks the meat instantly.

Gods it looks cool. Dragon turtle tastes better if you cook it by hand though, so only do this if you have someone you really have to impress (like a noble with access to fancy sauces).

- Seafood (back flippers) ☐
- Seafood (front flippers) ☐
- Seafood (back straps) ☐
- Seafood (belly) ☐
- Extract (swim bladder) ☐

There is a 50% chance of also finding:

- Eggs ☐

Faerie Dragon

Add +2 when you make a Charisma check, attack, or save.

Faerie dragon is gossamer-light, and fantastically fragile. The flavor profile is like cardamom and maple, owing to their diet of baked goods and fey flowers.

Over a very thin layer of oil, simmer it as slowly as you possibly can. If you do it right, the entire thing will melt into a lovely rainbow syrup. Cooking faerie is a good way to test your skills as a burgeoning chef.

- Extract (faerie drizzle) ☐

Half-Dragon

Add a bonus when you make an attack. The creature's CR determines the bonus, as shown in the table below.

A creature that becomes a half-dragon takes on the flavor associated with their dragon parentage.

Monster CR	Bonus	Monster CR	Bonus
0 to 4	+2	17 to 20	+6
5 to 8	+3	21 to 24	+7
9 to 12	+4	25 to 28	+8
13 to 16	+5	29 to 30	+9

Pseudodragon

Add +2 when you make a saving throw against a spell.

Pseudodragons mimic the smokey peppery flavor of a red dragon. Just be sure to snip off the stinger first. Try them fried, with a pinch of garlic powder.

- Poultry (squab) ☐

Familiar Flavor

Remember that a creature bound as a familiar has tied their essence to the caster's arcane power, and so vanishes completely upon death, leaving nothing behind to eat.

Shadow Dragon

Shadow dragon meat is similar to true dragon, but has lost its original elemental profile. Instead it is flavored with the sweet anise that suffuses the Shadowfell.

The ingredients they provide are the same as an equivalently-aged true dragon, but they provide one of the following benefits instead of their original.

Ancient Shadow Dragon

Add +7 when you make an attack or save at night.

Adult Shadow Dragon

Add +5 when you make an attack or save at night.

Young Shadow Dragon

Add +4 when you make an attack or save at night.

Shadow Dragon Wyrmling

Add +2 when you make an attack or save at night.

Wyvern

Ignore up to 30 feet of falling damage.

The venom in a wyvern's tail is stored is a series of orb-shaped glands up length of the tail. When you slay a wyvern, cut off the tail quickly to prevent contamination.

Tender Love and Care

Wyverns are made of tasty leather, which requires tenderization before it can be used. To tenderize it, a creature must succeed on a DC 20 Strength (Athletics) check.

- Poultry (wings) ☐
- Meat (brisket) ☐

Elementals

As you sauté your way across the world, the first extraplanar entity you are likely to meet is an elemental. Remember your previous lessons and prepare to take your palate to new extremes. Enjoy the spiciest spices and the saltiest salts!

Azer

Add +2 when you make a Strength check, attack, or save.

Azers may appear metallic, but beneath the surface they are pure primordial fire. Shortly after death, use alchemist tools to burn some wood chips with the azer flame and distill out some liquid smoke.

- Extract (liquid smoke) ☐

Elemental

A true elemental is a life force embodied in a vaguely humanoid shape. Each requires some creativity to eat, but all are rewarding.

Air Elemental

Become immune to thunder damage for 1 round. You can do this when you are dealt thunder damage to ignore it.

This elemental is a living twister, which is extremely difficult to eat. However, for about 1 minute after it has been slain, the space it occupied will still be filled with whirling primal energies. These can be captured by whipping them into water.

The foamy mixture is tasteless, but when used as an ingredient makes supernaturally frothy beverages or airy pastries. My recipe for cream puffs uses this ingredient, and the result is a perfectly weightless dessert.

- Extract (everfroth) ☐

ELEMENTAL CARROTS, TURNIPS, AND POTATOES

Earth Elemental

Become immune to bludgeoning damage for 1 round. You can do this when you are dealt bludgeoning damage to ignore it.

The rock salt in an earth elemental is rich and complex, influenced by a hundred flavorful minerals.

Sometimes in the loose earth, one can find vegetables. Their flavors are intensified by the elemental magic.

- Extract (elemental rock salt) ☐

There is a 50% chance of also finding each of the following:

- Produce (elemental carrots, turnips, or potatoes) ☐
- Produce (elemental celery, onions, or yams) ☐

Fire Elemental

Become immune to fire damage for 1 round. You can do this when you are dealt fire damage to ignore it.

A fire elemental constantly draws primordial oil fuel out of the air around it, and then burns through it. When the elemental dies, it leaves behind a thin layer of sizzling oil on the ground.

First sop up the oil, then clean it by mixing in cornstarch from your Cook's Utensils (which collects and traps any solids like dirt). The dirty cornstarch can then be easily scooped out.

This elemental oil constantly sizzles and pops with incredible heat. The taste is much like a charred habanero. Try it on poultry, like chicken or dragon.

- Extract (sizzling oil) ☐

Water Elemental

Become immune to cold damage for 1 round. You can do this when you are dealt cold damage to ignore it.

Water elementals flow from the Elemental Plane of Water. The sea salt they carry is flakey, flavorful, and supernaturally pure.

Sometimes they bring in seaweed. The magic of the elemental magnifies the flavor.

- Extract (elemental sea salt) ☐

There is a 50% chance of also finding:

- Produce (elemental nori, kombu, or dulse) ☐

Galeb Duhr

Add +3 when you make an Intelligence check, attack, or save.

Galeb duhrs are more intelligent than the typical elemental, and that is because of an extraplanar plant called moron moss.

This pychic herb feeds on bad ideas, and filters them out of the elemental's mind. Symbiotically, the moss gets psychic nutrients, and the duhr gets a clear head to make better decisions.

The two are psychically bound, and the earthy savory moss can only be removed when the duhr is killed, which also kills the moss.

- Produce (moron moss) ☐

Gargoyle

Add +2 when you make an attack.

Gargoyles are a physical manifestations of the cruelty of Ogrémoch, Prince of Elemental Earth.

Despite being made of stone, gargoyles are capable of flight. This is partly due to their lightweight pumice construction, and the many hollow spaces in their bodies. Over the centuries, the fetid moisture that collects in these spaces becomes suffused with Ogrémoch's cruelty, and becomes thick and gritty.

This gray fluid is called mochian marrow, and it tastes pretty awful. Its salty and metallic, like when you're so furious that you feel a stinging warmth in the back of your throat.

Casting *calm emotions* near it renders the flavor more subdued. In this state, it is delicately salty, with a blood-like tang.

- Extract (mochian marrow) ☐

WEIGHTLESS EVERFROTH CREAM PUFFS

Genie

Cast any spell of 3rd level or lower. You ignore any material components, but not verbals, somatics, or casting times.

When a genie is destroyed, its only remains are fleeting elemental traces. Specifically, genies leave behind a crystalline powder, a warm breeze, a puff of smoke, or a burst of sea foam.

The remains tend to only last one round. However, the spell *gentle repose* can protect remains from decay. When someone casts it on the genie's elemental remnants, they persist.

The powder shifts in place, the wind circles lazily, the smoke billows but doesn't spread, and the sea spray ebbs and flows in mid-air. The remains can then be shrouded in a white cloth, and compressed into an divine seasoning known as sihri spice.

The spice is a vibrant coursing blend, similar to baharat (which contains cumin, cardamom, coriander, and paprika). The genie's type determines both the spice's predominant flavor and the ability score used to cast the spell it grants.

Type	Element	Flavor	Ability
Dao	Earth	Cumin	Strength
Djinni	Air	Coriander	Dexterity
Efreeti	Fire	Paprika	Intelligence
Marid	Water	Cardamom	Wisdom

- Extract (sihri spice) ☐

Invisible Stalker

Add +3 when you make a Dexterity check, attack, or save.

An invisible stalker is a more powerful and specialized air elemental. Like a standard air elemental, its energies persist for 1 minute when slain, and can be whipped into water to create a permanently frothy foam.

The uncanny malice of the stalker adds a cold bittersweetness to the ingredient.

- Extract (greater everfroth) ☐

Magmin

Add +2 when you make a Constitution check, attack, or save.

Summoning magic can sometimes force a fire elemental to incarnate into stumpy humanoid called a magmin. There is actual meat inside the magma shell, with a taste like mutton or turtle.

When a magmin dies, they explode and disenchant. Quickly collect and extinguish the chunks, as a dead magmin has no fire immunity and will char rapidly.

- Meat (magmin chunks) ☐

Mephit

Mephits are not edible, but can provide a fantastic ingredient anyway. When a mephit dies, they have a distinctive "death burst" in which a dying mephit spitefully releases their remaining life force in a blast of destructive elemental power.

The life energy is embedded where the mephit exploded, and can be harnessed by a seed from your Cook's Utensils. Hold a vegetable seed aloft and cast *druidcraft*, *absorb elements*, or a similar druidic spell which manipulates natural energies.

All embedded elemental life energy flows into the seed, causing it to immediately germinate, mature, and cook. The exact nature of the effect varies by mephit.

Mephit Element	Effect on Vegetables
Dust	Dehydrated
Ice	Frozen
Magma	Roasted
Mud	Fresh
Smoke	Smoked
Steam	Steamed

Dust Mephit

Add +2 when you make a Wisdom check, attack or save.

- Produce (dehydrated veggies) ☐

Ice Mephit

Add +2 when you make a Dexterity check, attack or save.

- Produce (frozen veggies) ☐

Magma Mephit

Add +2 when you make a Strength check, attack or save.

- Produce (roasted veggies) ☐

Mud Mephit

Add +2 when you make a Constitution check, attack or save.

- Produce (fresh veggies) ☐

Smoke Mephit

Add +2 when you make a Charisma check, attack or save.

- Produce (smoked veggies) ☐

Steam Mephit

Add +2 when you make an Intelligence check, attack or save.

- Produce (steamed veggies) ☐

Salamander

In the case of salamanders, it is their life force itself which burns with primordial heat. A slain salamander will slowly cool until it is safe to eat.

Their tails (known as ribbons) are made to slither across the Sea of Ash, and have a similar anatomy (and taste) to eels. They need no cooking, and are traditionally eaten raw in sushi form.

A salamander egg is delicious and gooey, despite the obsidian shell. Remember that a fire snake is just a juvenile salamander, so cracking an egg could be very dangerous.

Fire Snake

When you deal fire damage, deal an extra 2d4 against one target.

- Seafood (left half) ☐
- Seafood (right half) ☐

Salamander

When you deal fire damage, deal an extra 3d4 against one target.

- Seafood (ribs) ☐
- Seafood (left half of ribbon) ☐
- Seafood (right half of ribbon) ☐

There is a 50% chance of also finding:

- Eggs ☐

Water Weird

Add +2 when you make a Wisdom check, attack, or save.

Water weirds take on the moral character of the water in which they are summoned. The algae that invariably grows in them is therefore either sacred (tasting herby) or desecrated (tasting woody).

- Produce (sacred or desecrated algae) ☐

Xorn

Add +3 when you make a Strength check, attack, or save.

Xorns can glide magically through earth. They are temporarily merged as they move. A xorn that isn't fully outside of the stone when slain is still merged with the rock and therefore inedible.

The rich meat is tough, but the hide is tougher. Try cutting them up from the inside for easier butchery.

- Meat (legs) ☐
- Meat (arms) ☐

Fey

"Don't eat food in the Feywild!" rings the oft-told warning. But we are aiming for something a little higher than that. For the adventurer planning to eat the fey themselves, for the love of Yeenoghu, prepare the spell *remove curse*.

Foodborne Curses

Whenever a humanoid eats a dish containing a fey ingredient, they must roll on the Foodborne Curse Table. Casting the spell *remove curse* on the food has no effect, but if cast on someone who has eaten it, the effects will fade after 10 minutes.

Foodborne Curse Table

d20	Curse
1	They sprout a large luxurious moustache.
2	All gold coins on their person become marigolds.
3	One nonmagic item on their person becomes a frog.
4	Their pockets fill with honey.
5	A tiny rain cloud appears above them.
6	They can only speak in a high-pitched song.
7	They grow whiskers and have strong feline instincts.
8	They smell rotten. Food and drink they touch spoils.
9	Their ears become donkey ears.
10	They can't stop apologizing and sweating.
11	Dozens of snails appear under their clothes.
12	They are disoriented. If moving, they get lost.
13	They become drunk if sober, or sober if drunk.
14	Moss, fungus, and flowers grow on them.
15	They keep crying and their skin turns bright blue.
16	They grow horns and can't stop insulting people.
17	Their shadow grows and makes rude gestures.
18	Their facial features become disproportionate.
19	An angry raven makes a flowery nest on their head.
20	They can't stop sneezing moths.

Blink Dog

As an action, teleport to a space you can see within 10 feet.

Blink dogs are deeply connected to the magic of the Feywild, which gives their meat a wild and earthy flavor.

I like to serve them alongside displacer beast, as they ironically pair quite well.

- Meat (ribs) ☐
- Meat (belly) ☐

Dryad

Add +2 when you make a Wisdom check, attack, or save.

Dryads are seasonal beings. In spring, they sprout fresh fruits and crisp greens. Summer crops are juicy and full. By autumn, they grow nuts and roots perfect for roasting. Even in winter, one can collect small berries which are sweet and tart.

- Produce (cuttings) ☐
- Produce (fruit) ☐

Hag

While hags tend to be fey, night hags are technically fiends, but this has no effect on the flavor, and they are still subject to the Feywild's foodborne curses.

Hags are evil to their core, quite literally. Their innards pulse with a wickedness which is foul to the body and spirit. However, their skin (which is furthest from their blackened hearts) can be eaten.

Remove the skin, wash it thoroughly, and cut out any warts like eyes from a potato. I like them scored and roasted to make cracklings.

Green Hag or Sea Hag

Add +3 to your spell attack bonus and spell save DC for one round.

Alternatively, cast *detect magic* as an action using your Constitution.

Green hags taste mossy, but not unpleasant. Sea hags are remarkably similar to sea snails, and are decent with salt.

- Meat (skin) ☐

Night Hag

Add +5 to your spell attack bonus and spell save DC for one round.

Alternatively, cast *detect magic* as an action using your Constitution.

Night hags are bitter and ashy. Blanching helps, as does a little sugar or molasses, but at the end of the day, you are still eating the *skin* of a *night hag*.

- Meat (skin) ☐

Pixie

Add +2 when you make a Charisma check, attack, or save.

Under enough heat, pixie meat loosens and falls away. Boil them (preferably in acorn oil), and then skim out their meat, and toss away their tiny fish-like bones.

The taste is tender and sweet, with notes of wild flowers and honey droplets.

- Meat (skim meat) ☐

Satyr

Add +2 when you make a Charisma check, attack, or save.

Satyr meat should be cooked and seasoned like mutton, even the parts that look humanoid. The meat tastes like it has marinated in mulled wine, making them perhaps my favorite fey.

- Meat (ribs) ☐
- Meat (mutton) ☐

Sprite

Learn the emotions of a creature you touch. Using this information can grant you advantage on your next Charisma check made against this creature in the next minute.

Sprites handle soporific poisons, so be sure to burn or grate off their fingertips first to be safe. Like pixies, the meat will fall off the bone under medium heat, making the meat easy to scoop out. Boil them in chestnut oil for best results.

The best thing is that most sprites carry a longsword, which makes for a handy toothpick.

- Meat (skim meat) ☐

Familiar Flavor

Remember that a creature bound as a familiar has tied their essence to the caster's arcane power, and so vanishes completely upon death, leaving nothing behind to eat.

PIXIE CURRY WITH WING CHIPS

Fiends

Whether smokey devil, succulent demon, or one of those unusual nasties which don't fit either category, a fiend can be quite the tempting feast. They span in difficulty from lowly imps to mighty balors, making them a delectable challenge for a chef of any stripe.

Cambion

> Add +3 when you make a Charisma check, attack, or save.

Cambions are suffused with fiendish enchantment, which dances like champagne on the tongue. The meat itself is similar to a muscular humanoid.

- Meat (legs and tail) ☐
- Meat (ribs and wings) ☐

FRESHLY CUT BALOR WINGS

PICKLED HEZROU EYE AS AN HORS D'OEUVRE

Demon

Centuries ago, the demonic lord Yeenoghu blessed all the wriggling demons of the Abyss, infusing them with obscenely indulgent flavor. This blessing makes demon flesh some of the best meat in the cosmos. Yeenoghu's Blessing encouraged demons to kill and eat each other, so that only the strongest would survive, and grow fat on the fallen weak. No demon tastes like any other, and their meat is always worth killing for.

Consuming a dish containing demon flesh can cause a Netherburst, a surge of abyssal magic in which the eater takes on demonic traits for a short time, and then is subject to a curse.

Netherburst Table

d12	Boon	Curse
1	*Shadow Armor*	
	Your AC increases by 2.	You gain vulnerability to radiant and fire damage.
2	*Mother Tongue*	
	You learn Abyssal, and have advantage on social checks.	You forget Common.
3	*Infernal Frenzy*	
	You have advantage on all attacks and saves.	You gain a level of exhaustion.
4	*Twisted Mind*	
	You are immune to being Charmed or Frightened.	You gain an indefinite madness.
5	*Demon Blood*	
	You gain temporary HP equal to twice your level.	You become poisoned.
6	*Brittle Scales*	
	You become resistant to one damage type you choose.	You gain vulnerability to that damage type.
7	*Locking Horns*	
	You grapple any creature you hit with a melee attack.	Your speed is reduced by 10 feet.
8	*Curly Tail*	
	You grow a useless but harmless tail.	You keep the tail.
9	*Moon Eye*	
	You gain blindsight and darkvision out to 15 feet.	You have disadvantage on attacks in bright light.
10	*Abyssal Claws*	
	Your melee attacks deal an extra 2d6 slashing damage.	You cannot use tools.
11	*Fiery Aura*	
	You can cast *fire bolt* as a bonus action, using your Constitution.	Deal 2d10 fire damage to allied creatures you touch.
12	*Black Heart*	
	Your first successful attack each turn deals maximum damage to one target.	You become chaotic evil.

Balor

Roll three times on the Netherburst table and pick one result. You gain the boon for a number of rounds equal to your Strength modifier plus 6. Afterward, you gain the curse until it is removed or you finish a short or long rest.

Grease never tasted so good. Balor meat is oily, rich, and stains the fingers and teeth. This luxurious meat falls apart in your mouth.

- Meat (wings) ☐
- Meat (wings) ☐
- Meat (flanks) ☐
- Meat (trotters) ☐

Barlgura

Roll on the Netherburst table. You gain the boon for a number of rounds equal to your Strength modifier plus 3. Afterward, you gain the curse until it is removed or you finish a short or long rest.

The marbled meat of a barlgura is buttery, warm, with a surprising orangey sweetness that comes from its innate illusion magic. I serve mine with brown sugar.

- Meat (arms) ☐
- Meat (arms) ☐
- Meat (ribs) ☐

Chasme

Roll on the Netherburst table. You gain the boon for a number of rounds equal to your Dexterity modifier plus 3. Afterward, you gain the curse until it is removed or you finish a short or long rest.

Inside a chasme is long segments of slimy crab-like meat. Chasme meat is creamy, subtle, and delicate, like white wine or crushed almonds.

- Crustacean (back legs) ☐
- Crustacean (middle legs) ☐
- Crustacean (front legs) ☐

Dretch

Roll on the Netherburst table. You gain the boon for a number of rounds equal to your Constitution modifier plus 2. Afterward, you gain the curse until it is removed or you finish a short or long rest.

Dretch meat is deeply satisfying. It is unfancy and raw in a very exciting way, akin to a chunk of yellow cheese or strong beer. The taste is simple, hearty, and savory.

- Meat (back muscle) ☐

Glabrezu

Roll on the Netherburst table. You gain the boon for a number of rounds equal to your Intelligence modifier plus 4. Afterward, you gain the curse until it is removed or you finish a short or long rest.

Glabrezu meat is brightly salty. It is a robust crablike flavor, with an intense and addicting brine. Each bite demands another, as glabrezus tempt even after death.

- Crustacean (claws) ☐
- Meat (arms) ☐
- Meat (legs) ☐

Goristro

Roll three times on the Netherburst table and pick one result. You gain the boon for a number of rounds equal to your Strength modifier plus 6. Afterward, you gain the curse until it is removed or you finish a short or long rest.

Goristro beef is aromatic, with a punchy sulfurous flavor. The meat tastes pre-seasoned. Its pungent flavor is mostly reminiscent of garlic or onions.

- Meat (chuck) ☐
- Meat (loin) ☐
- Meat (brisket) ☐
- Meat (shank) ☐

Hezrou

Roll on the Netherburst table. You gain the boon for a number of rounds equal to your Strength modifier plus 3. Afterward, you gain the curse until it is removed or you finish a short or long rest.

On death, hezrou stink evaporates. Serve the meat sweet and sour, or crispy and savory. I've seen men do *terrible* things to get their hands on fried hezrou legs.

- Meat (shoulders) ☐
- Meat (legs) ☐
- Meat (legs) ☐

Manes

Roll on the Netherburst table. You gain the boon for a number of rounds equal to your Constitution modifier plus 2. Afterward, you gain the curse until it is removed or you finish a short or long rest.

Manes are simple and starchy. Their clotted blood is diabolically addicting. I would describe the flavor as something like potato skins fried in salty beef fat.

- Extract (abyssal cruor) ☐

Marilith

Roll twice on the Netherburst table and pick one result. You gain the boon for a number of rounds equal to your Charisma modifier plus 5. Afterward, you gain the curse until it is removed or you finish a short or long rest.

The humanoid half of a marileth is actually all skin and tendon. All of their organs and edible muscle is in the massive tail section.

All snake meat is a dull dry shadow of this meat. Supple without being watery, fishy without being saline, and flavorful without being cloying. One must try it at least once before dying.

- Meat (tail base) ☐
- Meat (tail mid) ☐
- Meat (tail tip) ☐

Nalfeshnee

Roll twice on the Netherburst table and pick one result. You gain the boon for a number of rounds equal to your Intelligence modifier plus 5. Afterward, you gain the curse until it is removed or you finish a short or long rest.

Nalfeshnee meat, also known as the Black Pork, requires no cooking. Even raw its fat is already pleasantly browned, its skin is crackly and sweet, and its meat is richly charred.

- Poultry (wings) ☐
- Meat (belly) ☐
- Meat (ham) ☐

Quasit

Roll on the Netherburst table. You gain the boon for a number of rounds equal to your Charisma modifier plus 2. Afterward, you gain the curse until it is removed or you finish a short or long rest.

Snip off their fingers to quickly remove their poison, and then roast the whole quasit on a wooden spike like a rat. I prefer subtle woods like applewood, which won't overpower the quasit's exquisite but delicate flavor. The taste is similar to veal.

- Meat (whole carcass) ☐

Familiar Flavor

Remember that a creature bound as a familiar has tied their essence to the caster's arcane power, and so vanishes completely upon death, leaving nothing behind to eat.

Shadow Demon

Roll on the Netherburst table. You gain the boon for a number of rounds equal to your Dexterity modifier plus 2. Afterward, you gain the curse until it is removed or you finish a short or long rest.

Shadow demons usually form when mortal magic forces a demon to manifest without a body. This magic tends to draw on the Shadow Fell which lends its characteristic anise profile.

Shadow demons can be boiled and reduced into a treacly tar called sable syrup, which is perfect for black frosting, chocolate cakes, and other evil desserts.

- Extract (sable syrup) ☐
- Extract (sable syrup) ☐

Vrock

Roll on the Netherburst table. You gain the boon for a number of rounds equal to your Wisdom modifier plus 3. Afterward, you gain the curse until it is removed or you finish a short or long rest.

Though incredibly toxic, their spores have a deliciously pungent taste, similar to high-quality blue cheese. Vrock tastes like a heady mix of goose and quail. This decadent food is a meal for princes and those with refined palates.

- Poultry (wings) ☐
- Poultry (wings) ☐
- Poultry (drums) ☐

Yochlol

Roll on the Netherburst table. You gain the boon for a number of rounds equal to your Charisma modifier plus 4. Afterward, you gain the curse until it is removed or you finish a short or long rest.

Yochlols' sweet aroma comes from their yellow sap, which is similar to syrup, but with a meaty, almost bloody aftertaste. Resist the urge to shovel handfuls of the slime into your mouth, as it only gets better when cooked.

- Produce (vines) ☐
- Produce (vines) ☐

There is a 50% chance of also finding:

- Extract (sap) ☐

Devil

Unlike their demonic cousins, devils have a very consistent taste. Their physical forms are all fashioned from the same infernal substance, gandhaka, which is a varietal of brimstone. More powerful devils sometimes take on a more peppery flavor from long exposure to hellfire. Aside from this, devil meat is as unchanging as the lawful evil plane itself.

Consuming devil meat allows one to digest their evil, and direct it outwards to inflict curses on others. The nature of the curse depends on the type of devil.

Barbed Devil

When you hit a creature with an attack, you needle at their eyes. You deal an extra 3d4 piercing damage and their next Wisdom check, attack, or save is reduced by the same amount.

Boil the barbs before consumption. Most barbed devils will have a medium peppery heat about as intense as a cayenne.

- Meat (barbs) ☐
- Meat (tail) ☐

Bearded Devil

When you hit a creature with an attack, you toxify their muscles. You deal an extra 2d4 poison damage and their next Strength check, attack, or save is reduced by the same amount.

Unfortunately, the beard tendrils themselves are completely inedible. The rest has a mild heat, similar to a young jalapeño.

- Meat (flank) ☐
- Meat (tail) ☐

Bone Devil

When you hit a creature with an attack, you splinter their bones. You deal an extra 4d4 slashing damage and their next Constitution check, attack, or save is reduced by the same amount.

There is only a scant amount of skin and gristle on a bone devil, but their insectoid wings can be ground into a crispy meaty powder. The hellfire spice is more intense, usually around the level of a bird's eye chili.

- Meat (gristle) ☐
- Extract (crushed wing powder) ☐
- Extract (crushed wing powder) ☐

Chain Devil

When you hit a creature with an attack, you restrict their movement. You deal an extra 3d4 bludgeoning damage and their next Dexterity check, attack, or save is reduced by the same amount.

Chain devils can be trussed up on their own chains for convenient slow roasting. The heat level is pretty high, somewhere around scotch bonnet.

- Meat (ribs) ☐
- Meat (legs) ☐

Erinyes

When you hit a creature with an attack, you quicken their heart. You deal an extra 4d4 radiant damage and their next Wisdom check, attack, or save is reduced by the same amount.

Despite their humanoid appearance, they bear the same monotonous flavor of all devils. However, their deep exposure to hellfire gives them a blistering heat like that of a reaper pepper.

- Poultry (wings) ☐
- Meat (legs) ☐

BARBED DEVIL TAIL ON A BED OF CAYENNE PEPPERS

Horned Devil

When you hit a creature with an attack, you scorch their skin. You deal an extra 4d4 fire damage and their next Constitution check, attack, or save is reduced by the same amount.

Horned devil steaks have a scorching heat almost as intense as erinyes meat. It is comparable to a ghost pepper.

- Meat (wings) ☐
- Meat (wings) ☐
- Meat (flanks) ☐

Ice Devil

When you hit a creature with an attack, you freeze their joints. You deal an extra 5d4 cold damage and their next Dexterity check, attack, or save is reduced by the same amount.

Ice devils, despite being very high ranking, have almost no exposure to hellfire, and so taste like pure gandhaka. Curiously therefore, ice devil taste very similar to low-ranking devils.

- Crustacean (limbs) ☐
- Crustacean (thorax) ☐
- Crustacean (tail) ☐

Imp

When you hit a creature with an attack, you tease their senses. You deal an extra 2d4 psychic damage and their next Intelligence check, attack, or save is reduced by the same amount.

The average imp's exposure to hellfire is so brief, that it only has time to impart vague notes of paprika. If you wish to test your palate as a mid-level chef, see if you can detect it.

- Crustacean (tail) ☐

Familiar Flavor

Remember that a creature bound as a familiar has tied their essence to the caster's arcane power, and so vanishes completely upon death, leaving nothing behind to eat.

Lemure

When you hit a creature with an attack, you corrupt their soul. You deal an extra 1d4 necrotic damage and their next Charisma check, attack, or save is reduced by the same amount.

Lemures are composed of fleshy slime. They can be squeezed in a cheesecloth from your Cook's Utensils to produce an infernal ooze, which carries the pure flavor of brimstone. You can use it as liquid smoke or as a sauce for various meats.

As the most junior members of hell's hierarchy, they have no hellfire flavor at all.

- Extract (ooze) ☐

Pit Fiend

When you hit a creature with an attack, you melt their flesh. You deal an extra 6d4 fire damage and their next Strength check, attack, or save is reduced by the same amount.

The flesh of a pitfiend bears none of the traditional brimstone flavor, because it has been so powerfully overwhelmed by the raging white taste of hellfire.

The meat is pure pain, beyond the ability to sense flavor. However, it is worth eating to celebrate one's conquest over a pit fiend, or to prank annoying friends.

- Meat (wings) ☐
- Meat (flank) ☐
- Meat (tail) ☐

Hotter than Hell

A creature that eats pit fiend meat takes 4d6 fire damage, and must succeed on a DC 18 Constitution saving throw or immediately begin to cry and cough.

Tieflings and fiends are immune to this effect. The effect can also be nullified by cooking the meat in holy water.

Spined Devil

When you hit a creature with an attack, you muddle their minds. You deal an extra 2d4 psychic damage and their next Intelligence check, attack, or save is reduced by the same amount.

Spined devil meat is a lovely purple, which lightens after cooking. The heat is very gentle, around the strength of a poblano.

- Meat (tail) ☐

Hell Hound

Remove the poisoned condition on yourself.

When a hell hound dies, the holy texts tell us that fire destroys their body, "leaving nothing but scorched tufts of black fur". The fur can be broken down with Alchemist's Supplies. The process produces a purifying oily substance, which is a potent hangover cure.

- Extract (hair of the dog) ☐

Nightmare

Become resistant to fire damage for 1 round. You can do this when you are dealt fire damage to resist it.

Nightmares are created from a pegasus in a dark ritual, where their wings are torturously removed. Nightmare shoulders still cook like poultry. The taste, like pegasus, is clean, fresh, and subtly sweet.

The fiery nightmare ritual pre-cooks the pegasus meat and imparts a rich aftertaste and tender texture.

- Poultry (shoulders) ☐
- Meat (brisket) ☐
- Meat (flanks) ☐

Rakshasa

Completely ignore the effects of a 1st or 2nd level spell.

Rakshasa meat accepts seasonings well, and salt will help to bring out its naturally earthy notes. The taste is like dry-aged wild tiger, with delicate spices.

Rakshasas are immune to most mortal spells, and this trait lasts even after death. Therefore, rakshasa meat cannot be cooked using magical or alchemical fire. Build a proper bonfire for this one, dear reader.

- Meat (ribs) ☐
- Meat (legs) ☐

Succubus/Incubus

Add +2 when you make an Charisma check, attack, or save. If the Charisma check is related to your physical appearance, add +4 instead.

These creatures regularly shapeshift, which tenderizes their meat. Constant enchantment magic suffuses them with a taste like red wine, sweet but astringent. Eating their flesh is said to improve one's appearance.

- Meat (ribs) ☐
- Meat (legs) ☐

Yugoloth

Yugoloths are artificial creations made by night hags. They are composed of black ichor, and leave only a small pool of it behind when they die. A yugoloth killed on its native plane of Gehenna is utterly destroyed in a flash of light, so no one can ever truly eat the body of a yugoloth.

Luckily, the black ichor is edible, and is known to expand the mind of its drinker, revealing unnatural secrets. Fair warning though, it tastes like toad and swamp grass. Night hags, man. What can you do.

Arcanaloth

You learn the answer to any question related to Arcana. You cannot predict the future or answer hypotheticals. The answer will be 3 words or less.

- Extract (black ichor) ☐

Mezzoloth

You learn the answer to any question related to Nature. You cannot predict the future or answer hypotheticals. The answer will be 2 words or less.

- Extract (black ichor) ☐

Nycaloth

You learn the answer to any question related to History. You cannot predict the future or answer hypotheticals. The answer will be 3 words or less.

- Extract (black ichor) ☐

Ultroloth

You learn the answer to any question related to Religion. You cannot predict the future or answer hypotheticals. The answer will be 4 words or less.

- Extract (black ichor) ☐

JUG OF ICHOR

Giants

For those who savor the taste of humanoids, giant offers a welcome variation on a well-loved theme. Explore every detail of the taste of shoulder. Learn a dozen recipes for ribs. Invest in a *bag of holding* though, because there will be leftovers!

Cyclops

Add +6 when you make a Strength check.

Cyclopean meat is satisfying and very good for the muscles, but not overwhelming in flavor. I recommend accenting its Aegean notes with stuffed olives, feta, and spinach. It absorbs these flavors very well, if the chef is skilled enough.

The crown jewel of the cyclops is the eye. The taste is mild and creamy, and the form begs for creative experimentation. It can be turned into a jelly for desserts, boiled into soups, or stuffed with cheese.

- Meat (legs) ☐
- Meat (arms) ☐
- Meat (belly) ☐
- Meat (eye) ☐

Ettin

Add +2 when you make a Strength check, attack, or save.

Ettins are often filthy as a point of pride. Their corpses must be scrubbed, plucked, and maybe even skinned. The profile is similar to orc, with a wild almost gamey taste that reminds one of grass and venison.

- Meat (flanks) ☐
- Meat (belly) ☐
- Meat (ribs) ☐

Fomorian

Gain 4d4 temporary hit points when you drop a creature to 0 hit points.

Fomorians are a mess of twisted gristle and spite. Their fishy diet gives their meat a pleasant brine flavor, and their copious gristle makes them great for frying.

As a bonus, eating cursed formorian flesh fills one with an empowering bloodlust.

- Meat (legs) ☐
- Meat (ribs) ☐
- Meat (heart) ☐
- Meat (warts) ☐

Giant

True giants, also known as *kjemper*, have a strange taste indeed. These giants can't eat enough calories to maintain their tremendous size. Instead, their diets are supplemented by raw energy, usually meteorological in nature.

Giants possess a unique organ under the stomach, called a *verdenslever* or world liver, which allows them to ambiently absorb certain energies, and digest them. Verdenslevers are unfortunately inedible, but they do infuse giant meat with a unique flavor profile.

Cloud Giant

Deal an extra 4d4 thunder damage on a successful attack.

The haughty cloud giants dine on condors, eagles, and griffins, all expertly prepared of course. These calories are complemented by barometric pressure. Cloud giants can feed by steering their floating castles near storms and twisters.

The poultry-heavy diet makes cloud giant meat quite savory, while the pressure creates a puffed, tense texture, like a dumpling or a well-stuffed sausage.

- Meat (thighs) ☐
- Meat (arms) ☐
- Meat (ribs) ☐
- Meat (shoulders) ☐

Fire Giant

Deal an extra 4d4 fire damage on a successful attack.

The diet of fire giants includes island animals that live near volcanoes, such as sea turtles, black rhinos, or flamingos. This diet is greatly supplemented by the thermal energy of lava flows.

The resulting flavor profile is an exotic swirl of smokey heat and island sweetness, like burnt flowers in honey.

- Meat (thighs) ☐
- Meat (arms) ☐
- Meat (ribs) ☐
- Meat (shoulders) ☐

Frost Giant

Deal an extra 3d4 cold damage on a successful attack.

Frost giants hunt the wild game of the tundra, such as reindeer, seals, and yaks. These giants absorb the northern and southern lights. In the polar caps of the world, they can digest the auroras more easily.

The deep blue flesh of a frost giant is blubbery and heavy, but with a strange scintillation derived from auroral energies. The effect is like caribou with notes of pine, vanilla, and clove.

- Meat (thighs) ☐
- Meat (arms) ☐
- Meat (ribs) ☐
- Meat (shoulders) ☐

Hill Giant

Deal an extra 3d4 bludgeoning damage on a successful attack.

The brutish hill giants eat almost everything, from horses and shrubs to halflings and deer. This broad diet is fortified by absorbed sunlight.

Hill giant meat has a round foresty taste, like bear, but with the soothing mellow warmness of sunshine.

- Meat (thighs) ☐
- Meat (arms) ☐
- Meat (ribs) ☐
- Meat (shoulders) ☐

Shady Activity

Hill giants are a bit of a mystery. They are the smallest of the true giants, but their verdenslevers are tuned to absorb solar energy, which is both potent and constant. Many monstrologists believe their relative smallness is due to arcane sabotage, that some force is keeping them runty.

Personally, my suspicions lie with the cloud giants, who are skilled in magic, and would have the most to lose should hill giants rise to outgrow them.

Stone Giant

Deal an extra 3d4 slashing damage on a successful attack.

The quiet stone giants eat large cave-dwelling animals, such as giant bats and bears. They support these nutrients with magnetic energy, which they absorb through proximity to iron ores and lodestones.

Beneath their rocky hide, stone giants have stale meat, with a metallic tinge. Unless you relish the taste of copper coins and stale mushrooms, bring a very skilled chef.

- Meat (thighs) ☐
- Meat (arms) ☐
- Meat (ribs) ☐
- Meat (shoulders) ☐

Storm Giant

Deal an extra 5d4 lightning damage on a successful attack.

Storm giant is truly exquisite. Their deep and delicate seafood flavor comes from their diet. Storm giants feast on squids and whales, and attract lightning strikes to digest their electrical energy.

A bite of storm giant is a mighty, adventurous cocktail of sea urchin, swordfish, and the sizzling crispness of a lightning storm.

- Meat (thighs) ☐
- Meat (arms) ☐
- Meat (ribs) ☐
- Meat (shoulders) ☐

FRESH HILL GIANT FOOT

Ogre

Add +2 when you make a Strength check, attack, or save.

Ogre meat is best when thick cut, and cooked like bacon. The flavor is like fatty or muscular human, but with a popping almost blistery texture that is not always pleasant. Simmered ogre bones make a great gravy.

Typical Ogre

Full-blooded ogre is better tasting than half-ogres. It tends to be fattier and easier to cut.

- Meat (hocks) ☐
- Meat (belly) ☐
- Meat (shoulders) ☐

Half-Ogre (Ogrillon)

Half-ogres are a little leaner, but are less likely to carry diseases than a typical ogre.

- Meat (legs) ☐
- Meat (ribs) ☐
- Meat (arms) ☐

Oni

Add +3 when you make a Charisma check, attack, or save.

Oni are distantly related to ogres. Their blue flesh carries the same basic flavors, with a mapley sweet tinge from their illusion magic.

Expect a smoother texture and a more tender muscle tone. Oni mostly eat babies after all.

- Meat (hocks) ☐
- Meat (belly) ☐
- Meat (shoulders) ☐

Troll

At the start of your turn for 3 rounds, you gain 2d4 temporary hit points. Fire or acid damage bypasses these temporary hit points, and then ends this benefit.

Troll meat is green all the way through. The taste is similar to humans, but with a rubbery texture and a fresh, almost vegetal flavor.

Even when a troll is dead, its flesh still occasionally twitches with unsuccessful regeneration reactions. These reactions cause the meat to sweat a dark green oil, which is terribly bitter in flavor.

To prevent these reactions, serve troll either well-charred, or in an acidic bath like vinegar or lemon juice.

- Meat (legs) ☐
- Meat (ribs) ☐
- Meat (arms) ☐

ONI BACON

TROLL SAUSAGE WITH SWEAT

Humanoids

Long pork, the prime cut, the walking veal. There comes a time in the life of every adventurer chef, when this particular dish must be sampled. Well, forget the stigma. Humanoids are no more intelligent than golems, no more sacred than fey. Tonight is your turn to be the monster under the bed.

Typical Humanoid

These humanoids make up the vast majority of the Material Plane's populace. They do not grant unusual benefits or cuts of meat, and so are grouped here for convenience. The benefit they grant depends more on what they do, rather than what they are.

Much has been written about the taste of typical humanoid flesh. In my opinion, the texture is usually soft, with a subtle porcine profile. The accent flavor depends on the subspecies. Humans are faintly sweet, while elves carry the delicate spices of the Feywild.

Tieflings descended from demons have Yeenoghu's Blessing, which causes them to be fiendishly delicious. Their sulfuric umami flavors bring to mind roasted garlic and fried eggs.

Dragonborn vary wildly in taste, as their accent flavor depends on their draconic parentage.

Humanoid Race	Flavor	Humanoid Race	Flavor
Aasimar	Bland	Half-Elf	Herbed
Changeling	Floral	Half-Orc	Wild
Dragonborn	Draconic	Halfling	Nutty
Dwarf	Bitter	Harengon	Gamey
Eladrin	Earthy	Human	Sweet
Elf	Spiced	Kalashtar	Creamy
Firbolg	Woody	Loxodon	Buttery
Genasi, Air	Clean	Shadar-kai	Anisic
Genasi, Earth	Metallic	Shifter	Pungent
Genasi, Fire	Smoky	Tabaxi	Mild
Genasi, Water	Briney	Tiefling	Sulfuric
Gnome	Fruity	Tortle	Complex
Grung	Waxy	Triton	Fishy
Goliath	Greasy	Vedalken	Soapy

A typical medium humanoid provides the following:

- Meat (legs) ☐
- Meat (ribs) ☐

A typical small humanoid provides the following:

- Meat (belly) ☐

Monstrous Adventurers

Non-typical humanoid races which become adventurers grant the adventurer benefit, and not the one specific to their race. For example, an aarakocra wizard gives the adventurer benefit, not the aarakocra benefit.

Acolyte or Priest

Regain 2d4 hit points.

Archmage

Regain a level 1 spell slot or cast *magic missile* as an action.

Assassin or Gladiator

Add +3 when you make an attack roll.

Bandit, Bandit Captain, Scout, or Spy

Add +2 when you make a Dexterity check, attack, or save.

Berserker, Guard, or Thug

Add +2 when you make a Strength check, attack, or save.

Commoner or Noble

Add +2 when you make a check.

Cultist, Cult Fanatic, or Druid

Add +2 when you make a Wisdom check, attack, or save.

Mage

Add +3 when you make an Intelligence check, attack, or save.

Knight, Tribal Warrior, or Veteran

Add +2 when you make a melee attack roll.

Adventurer

Add a bonus when you make a check, attack, or save with a particular ability. See the tables below for the bonus and ability.

Character Level	Bonus	Character Level	Bonus
1 to 6	+2	13 to 18	+4
7 to 12	+3	19 to 20	+5

Character Class	Ability
Barbarian, Fighter, or Paladin	Strength
Ranger or Rogue	Dexterity
Artificer or Wizard	Intelligence
Cleric, Druid, or Monk	Wisdom
Bard, Sorcerer, or Warlock	Charisma

Aarakocra

Ignore up to 10 feet of falling damage.

While aarakocra appear to vary, and take on the appearance of various birds, their basic anatomy and chemistry are actually very similar. All aarakocra have a mild savory flavor, much like chicken.

- Poultry (wings) ☐
- Poultry (drums) ☐

There is a 25% chance of also finding:

- Eggs ☐

Bugbear

Bugbear meat has an oily mouthfeel, tasting somewhere between rat, dog, and horse. It is an acquired taste.

Typical Bugbear

Add +2 when you make a Dexterity check, attack, or save.

- Meat (legs) ☐
- Meat (ribs) ☐

Bugbear Chief

Add +2 when you make a Charisma check, attack, or save.

- Meat (legs) ☐
- Meat (ribs) ☐

Bullywug

Add 5 feet to your jump distance for one round.

Unlike the waxy texture of grung, bullywug is so tender it is fall-off-the-bone. Clean them well, boil them up, skim out the bones, and season to taste.

- Meat (legs) ☐
- Meat (ribs) ☐

Deep Gnome

Add +2 when you make an Intelligence, Wisdom, or Charisma save.

Also known as svirfneblin, deep gnomes have a dry, rank meat. This is an easy fix though. When you slay them, stuff them with butter and herbs, then sear them on a pan before serving. The taste is like button mushrooms in gravy.

- Meat (belly) ☐

Drow

Hidden away from the light, drow meat grows musty, with savory mushroom accents. If salted well, and paired with something bright, it can be very good indeed.

Typical Drow

Add +2 when you make a Dexterity check, attack, or save.

- Meat (legs) ☐
- Meat (ribs) ☐

Drow Elite Warrior

Add +3 when you make a Dexterity check, attack, or save.

- Meat (legs) ☐
- Meat (ribs) ☐

Drow Mage

Add +3 when you make an Intelligence check, attack, or save.

- Meat (legs) ☐
- Meat (ribs) ☐

Drow Priestess of Lolth

Add +3 when you make a Wisdom check, attack, or save.

- Meat (legs) ☐
- Meat (ribs) ☐

Duergar

Add +2 when you make a saving throw against a spell or poison.

Duergar carry the bitterness of typical dwarf meat, but constant exposure to growth magic has intensified this. Pat heavily with salt and sugar to create a lovely flavor similar to soy sauce.

- Meat (legs) ☐
- Meat (ribs) ☐

Gith

Gith meat has a taste somewhere between chewy lizard and lean ape. The texture is gaunt and less than ideal.

Cooking gith over an arcane fire helps to bring out its astral aftertaste. Gith are ancestrally infused with astral energies, which have an airy taste like milk and champagne. Whether or not this unusual flavor is worth the trouble is a matter of personal preference.

The real gem here is the egg of a gith. These are large, with a creamy sparkling albumen that carries all of the astral taste with none of the gristle.

Githyanki Knight

> Add +3 when you make a Strength check, attack, or save.

- Meat (ribs) ☐
- Meat (legs) ☐

There is a 25% chance of also finding:

- Eggs ☐

Githyanki Warrior

> Add +2 when you make a Strength check, attack, or save.

- Meat (ribs) ☐
- Meat (legs) ☐

There is a 10% chance of also finding:

- Eggs ☐

Githzerai Monk

> Add +2 when you make a Wisdom check, attack, or save.

- Meat (ribs) ☐
- Meat (legs) ☐

There is a 25% chance of also finding:

- Eggs ☐

Githzerai Zerth

> Add +3 when you make a Wisdom check, attack, or save.

- Meat (ribs) ☐
- Meat (legs) ☐

There is a 10% chance of also finding:

- Eggs ☐

Gnoll

Gnoll meat is dark with a tacky texture similar to hyena. The meat is rough and gamey but in a satisfying, almost nostalgic way. Gnolls have less of a rotten taste than hyenas, as gnolls tend to eat more live prey.

Growing up, when members of my pack would die, my mother taught me the traditional ways to cook them. I'll always remember those family recipes.

My favorite is a simple one. *Gnotch ka* consists of gnoll meat boiled with ginger, then dried, sliced, and served with shrimp.

Typical Gnoll

> When you make a bite attack or unarmed strike with your teeth, regain 2d4 hit points.

- Meat (brisket) ☐
- Meat (flanks) ☐

Gnoll Pack Lord

> When you make a bite attack or unarmed strike with your teeth, regain 3d4 hit points.

- Meat (brisket) ☐
- Meat (flanks) ☐

Gnoll Fang of Yeenoghu

> When you make a bite attack or unarmed strike with your teeth, regain 4d4 hit points.

Gnoll fangs are technically fiends, not humanoids. As the chosen weapons of the demon lord, they carry Yeenoghu's Blessing. This elevates their flavor from gamey to wild, from sticky to syrupy, and from dark to decadent. Every part of the profile is improved, without removing the quintessential gnolly-ness of the meat.

- Meat (brisket) ☐
- Meat (flanks) ☐

TRADITIONAL GNOTCH KA
(R.I.P. GRAMPA)

Goblin

In theory, clean goblin meat tastes a little sour, like stale rat. In practice however, goblins pick up a lot of the flavors of their environment. Goblins that work for dark mages take on notes of sage and incense, for example.

Typical Goblin

Add +2 when you make a Dexterity check, attack, or save.

- Meat (carcass) ☐

Goblin Boss

Add +2 when you make a Charisma check, attack, or save.

- Meat (carcass) ☐

Grimlock

Add +2 when you make a Strength check, attack, or save.

Grimlocks were once human, and this is reflected in their meat. However, generations of cannibalism have largely spoiled their taste. Expect a rotten fishy taste, and eat grimlocks only as a novelty or as a last resort.

- Meat (ribs) ☐
- Meat (legs) ☐

Hobgoblin

Hobgoblins have a sour accent like their goblin cousins, but with a flavor like sweat and leather. When roasting hobgoblin, be wary of their deep tissue scars, which can cause uneven cooking. Since scars and tough muscle are less tasty, the best hobgoblins are the cowards.

Typical Hobgoblin

Add +2 when you make a melee attack.

- Meat (ribs) ☐
- Meat (legs) ☐

Hobgoblin Captain

Add +2 when you make an attack.

- Meat (ribs) ☐
- Meat (legs) ☐

Hobgoblin Warlord

Add +5 to an initiative check.

- Meat (ribs) ☐
- Meat (legs) ☐

Jackalwere

Add +2 when you make a Dexterity check, attack, or save.

Jackalweres are not cursed humans, but jackals tainted by demonic influence. When a jackalwere is slain, they revert to their true form, that of a scrawny jackal. When they die, their demonic influence is released, so unfortunately their meat does not carry Yeenoghu's Blessing.

Jackalwere flesh is stringy and pock-marked. If one is truly desperate, you can fry up the gristle and boil their bones to make a watery stock.

For a young chef expecting demonic levels of flavor, this can be very disappointing. It might even ruin a young chef's birthday, hypothetically.

- Meat (soaking bone) ☐
- Meat (gristles) ☐

Kenku

Add +6 when you make a Charisma (Deception) or Charisma (Performance) check.

Kenku meat can be waxy, especially around the joints. Excess oil should be drained before cooking. Consider serving them with something crispy or dry to balance this out, like toast or celery.

- Poultry (thigh meat) ☐
- Poultry (breast meat) ☐

There is a 50% chance of also finding:

- Eggs ☐

Kobold

Take the help action as a bonus action.

Most kobolds have a leathery taste, more like snake than lizard. Those who have served dragons for generations sometimes take on the flavors of their draconic master.

Typical Kobold

- Meat (carcass) ☐

There is a 50% chance of also finding:

- Eggs ☐

Winged Kobold

- Poultry (carcass) ☐

There is a 50% chance of also finding:

- Eggs ☐

Kuo-toa

Kuo-toa cook like marine fish, but taste more like anchovies. Fresh caught kuo-toa can have a vague batrachian mouthfeel not unlike frog legs. Their flavor is strong and salty, with a satisfying greasiness.

Fish oil is good for the brain, and this is doubly true for the psionic kuo-toa.

Typical Kuo-toa

Add +2 when you make a Constitution check, attack, or save.

- Seafood (dorsal meat) ☐
- Seafood (pectoral meat) ☐

There is a 50% chance of also finding:

- Eggs (caviar) ☐

Kuo-toa Archpriest

Add +3 when you make an Intelligence check, attack, or save.

- Seafood (dorsal meat) ☐
- Seafood (pectoral meat) ☐

There is a 50% chance of also finding:

- Eggs (caviar) ☐

Kuo-toa Whip

Add +2 when you make an Intelligence check, attack, or save.

- Seafood (dorsal meat) ☐
- Seafood (pectoral meat) ☐

There is a 50% chance of also finding:

- Eggs (caviar) ☐

KUO-TOA SUSHI WITH ORIGINAL SKULL

Lizardfolk

Lizardfolk meat is much like wild alligator. It has a strong salty flavor, somewhere between trout and chicken. Their delicious leathery eggs are found almost exclusively in the care of their monarchs.

Lizardfolk is best when blackened or simmered in a sauce made from local swampy herbs.

Typical Lizardfolk

Add +2 when you make a weapon attack.

- Meat (limbs) ☐
- Meat (tail) ☐

Lizardfolk Shaman

Add +2 when you make a spell attack.

- Meat (limbs) ☐
- Meat (tail) ☐

Lizard Monarch

Add +2 to your AC for one round.

- Meat (limbs) ☐
- Meat (tail) ☐

There is a 75% chance of also finding:

- Eggs ☐

Lycanthropes

When dealt damage by a weapon that isn't silvered, reduce the damage by 3d4 to a minimum of 0.

Lycanthrope meat varies wildly depending on the type of creature. Because lycanthropes revert to their humanoid form after death, these notes can sometimes be a little subtle.

My trade secret is to use special moonstone cookware, which alters the meat like the full moon, and helps to bring out the bestial flavors.

Lycanthrope Type	Flavor
Werebear	Greasy and marbled
Wereboar	Hammy and savory
Wererat	Gamey and stringy
Weretiger	Rich and succulent
Werewolf	Sharp and wild

- Meat (ribs) ☐
- Meat (legs) ☐

MER-MEAT SOAKING IN LEMON JUICE

Merfolk

> Add +2 when you make a Charisma check, attack, or save.

Are mermaids red meat or seafood? Surf? Or turf?

The answer is little complicated. Merfolk muscle is rich in both beefy iron and fishy iodine. They are cold-blooded like fish, but their muscles are arranged in bundles like mammals, which means they don't flake apart when cooked.

Below the skin and scales of a mermaid, their meat is a consistent blend, no matter what part of the body you look at.

However, you can treat merfolk ribs as red meat for the purposes of most recipes, just as you can treat merfolk tail as seafood. This has more to do with the gross anatomical structure than the actual texture of the flesh.

In terms of taste, merfolk has a mild umami tang and a salty crest. It is best when served with drawn butter. Whether you serve it as steak or fillet, merfolk is a sophisticated dish for a discerning chef.

- Meat (ribs) ☐
- Seafood (tail) ☐

There is a 50% chance of also finding:

- Eggs ☐

Orc

Orc is coarse and ropey, like wild boar. A chef should drain it well to remove the dank smelling blood. I also recommend tenderizing it with needle-like weapons such as rapiers or pitchforks. Since orcs don't go down without a fight, sometimes this tenderizing happens while they are still alive. Consider it a bonus!

Typical Orc

> Gain a number of temporary hit points equal to twice your Strength modifier (minimum 1).

- Meat (shoulders) ☐
- Meat (flanks) ☐

Orc War Chief

> Gain a number of temporary hit points equal to twice your Charisma modifier (minimum 1).

- Meat (shoulders) ☐
- Meat (flanks) ☐

Orc Eye of Gruumsh

> Gain a number of temporary hit points equal to twice your Wisdom modifier (minimum 1).

- Meat (shoulders) ☐
- Meat (flanks) ☐

Orog

> Gain a number of temporary hit points equal to twice your Constitution modifier (minimum 1).

- Meat (shoulders) ☐
- Meat (flanks) ☐

Quaggoth

> Become resistant to poison damage for 1 round. You can do this when you are dealt poison damage to resist it.

Quaggoth meat is musty and stale, like so many denizens of the underdark. However, the algae in the quaggoth's fur is another story. Quaggoth fur appears green due to the rich algal bed that inevitably grows there. The relationship is symbiotic. The quaggoth gets better camouflage and the algae gets more access to water, since algae can't move around to find it when the rivers shift.

The algae is a crispy refreshing blend of sweet herbs.

- Meat (fatback) ☐
- Produce (quaggian algae) ☐

Sahuagin

These sea devils may look like fish, but their meat is actually much closer to shark. Expect the sting of ammonia with a weird gummy texture. Soaking the meat in cream before cooking helps to flush out the ammonia. *Prestidigitation* will work just as well.

When properly cleaned, the flavor is mild, and absorbs garlic and teriyaki well. The texture is still pretty rubbery though.

Typical Sahuagin

Add +2 when you make a check while in water.

- Seafood (ribs) ☐
- Seafood (tail) ☐

Sahuagin Priestess

Add +2 when you make a save while in water.

- Seafood (ribs) ☐
- Seafood (tail) ☐

Sahuagin Baron

Add +3 when you make an attack while in water.

- Seafood (ribs) ☐
- Seafood (tail) ☐

Thri-kreen

Add +4 when you make a save to resist being charmed or frightened.

Thri-kreen cooks like crab, and the taste would be fairly similar. The problem is that thri-kreen can change the color of their carapace, and this ability gives their shells a bitter inky taste, which invariably leaks into their meat.

- Crustacean (legs) ☐
- Crustacean (arms) ☐

Troglodyte

Add +2 when you make an Intelligence check, attack, or save.

Troglodytes are unclean creatures. They are soaked in waste, spoiled blood, and the murk of the Underdark. Troglodyte meat is foul, septic, and completely inedible.

However, their brain is at least relatively clean due to the blood-brain barrier, and the texture is smooth and fatty.

- Meat (brain) ☐

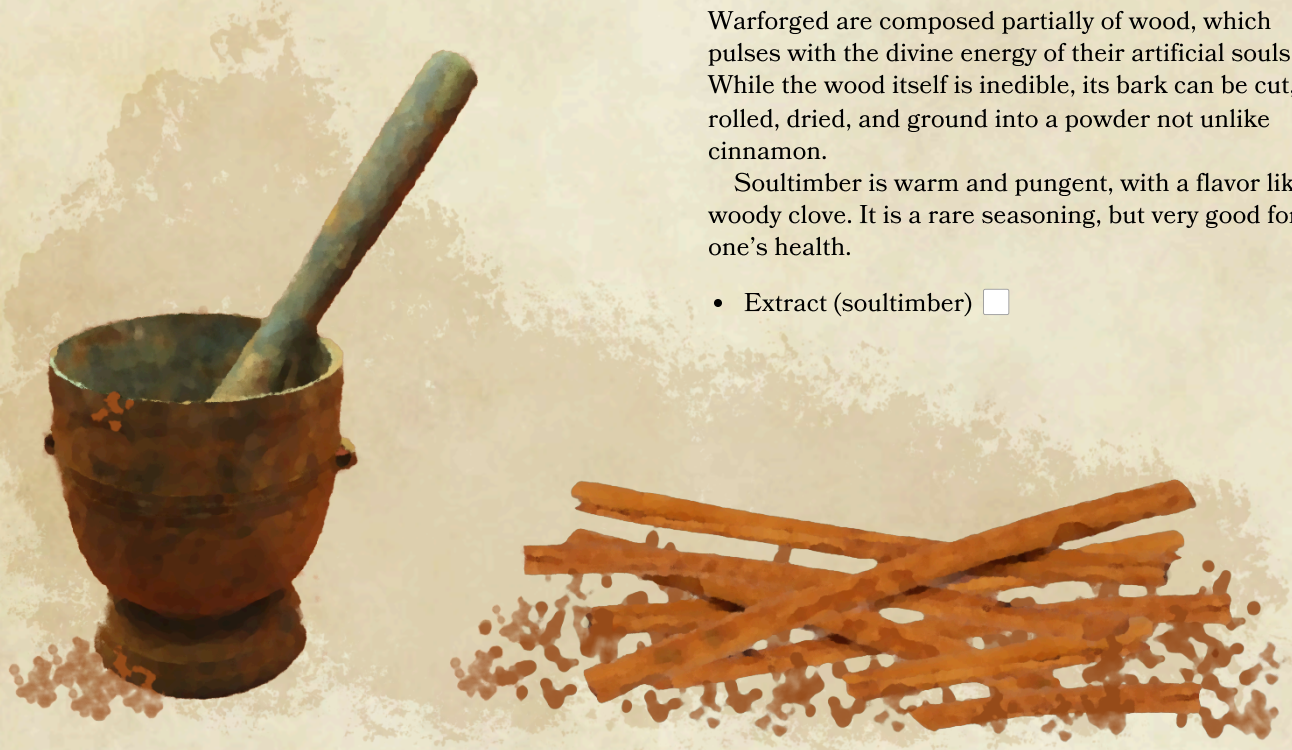
Warforged

Add +3 when you make a save against disease, poison, or paralysis.

Warforged are composed partially of wood, which pulses with the divine energy of their artificial souls. While the wood itself is inedible, its bark can be cut, rolled, dried, and ground into a powder not unlike cinnamon.

Soultimber is warm and pungent, with a flavor like woody clove. It is a rare seasoning, but very good for one's health.

- Extract (soultimber) ☐



MORTAR AND PESTLE USED TO GRIND SOULTIMBER

Monstrosities

For an adventuring chef, the monstrosities are a special treat. Monstrosities are a kind of miscellaneous category for creatures, and each is unique. Every one is a new flavor, a new challenge, a new adventure. When monstrosities are on the menu, it is time to experiment!

Ankheg

Become immune to acid damage for 1 round. You can do this when you are dealt acid damage to ignore it.

If only all crustaceans could be like the ankheg. The acidic blood of this timorous beastie lends a bright pop of lemony flavor to the deep crablike flavor of its meat. Just be sure to drain it of blood beforehand, and add a little salt.

The very first meal I ever cooked my mother was a steaming plate of ankheg cakes. I strongly recommend them!

- Crustacean (claw) ☐
- Crustacean (claw) ☐
- Crustacean (tail) ☐

Basilisk

Become immune to being petrified for 1 round. You can do this when being petrified to ignore the effect.

Alternatively, as an action, take 2d4 slashing damage to spill your blood on a petrified creature within 5 feet. The creature is no longer petrified.

Basilisks petrify their prey and eat the statues. Alchemical enzymes in their bellies return the stone to a digestible organic form. These enzymes can be harnessed by someone that cooks and consumes the basilisk itself. Therefore, as long as one person survives the battle, they might be able to cook up an antidote for the rest of their petrified companions.

Basilisk meat is juicy and vibrant, as it is filled with natural alchemical fluids. The taste is somewhere between fresh frog and jungle lizard. The flavor of the eggs is even more vivid, with light floral notes and a sour-sweet sting.

- Meat (belly) ☐
- Meat (legs) ☐

There is a 50% chance of also finding:

- Eggs ☐

Behir

Become immune to lightning damage for 1 round. You can do this when you are dealt lightning damage to ignore it.

The flavor of a behir is a lovely oozey greasiness, punctuated with snaps of ozone from their elemental lightning. Their electrical eggs smell like summer thunderstorms.

- Meat (ribs) ☐
- Meat (belly) ☐
- Meat (legs) ☐
- Meat (tail) ☐

There is a 50% chance of also finding:

- Eggs ☐

Bulette

Add +3 when you make an Strength check, attack, or save.

Despite the nickname “land shark” the bulette is actually an arcane crossbreed between a turtle and an armadillo. The meat is darkly rich, especially around the innards, with a grassiness like free-range cattle.

- Meat (ribs) ☐
- Meat (belly) ☐
- Meat (legs) ☐
- Meat (legs) ☐

Carrion Crawler

Add +2 when you make an Constitution check, attack, or save.

Carrion crawlers taste foul, carrying all the sour sickly notes of the rotten corpses they consume. Snip away their paralytic tentacles, flush the meat in coffee or tea to absorb the putrid flavor. Then wash the meat well with cold water, cook well, and serve with aromatics like rosemary to cover up the scent.

Alternatively, just don’t eat something called a *carrion crawler*.

- Crustacean (legs) ☐
- Crustacean (body) ☐
- Crustacean (body) ☐

Centaur

Increase your speed by 5 feet for 2 rounds.

Expect a wild grassy taste, like venison. There is little difference in the flavor of centaur meat from the humanoid torso or the equine base. Younger centaurs are more supple, but older centaurs are more likely to be touched by the fey, which gives them an aftertaste like sweet apples.

- Meat (ribs) ☐
- Meat (other ribs) ☐
- Meat (flanks) ☐

Chimera

Add +3 when you make an attack roll.

Chimeras are born of demonic influence, which brightens and strengthens the flavors of each animal component.

The musk glands of the goat's head can be dried and powdered. The glands are located just under the goat head's eyes, and can be easily removed after death. The flavor is soft and earthy. It is a popular dish among dwarves, giants, and some humans.

The lion meat is present across the body, but the best part is the flank. It is dark and rich, with a metallic tang.

The dragon wings offer robust-tasting poultry, with notes of smoked cayenne pepper.

Best of all, these flavors complement each other perfectly. I especially recommend pairing any of them with chimera cheese, which is indulgent and creamy with a gorgeously round mouthfeel.

- Extract (goat musk) ☐
- Meat (lion flank) ☐
- Poultry (dragon wings) ☐

There is a 25% chance of also finding:

- Dairy (chimera milk) ☐

Cockatrice

Add +2 when you make a Constitution check, attack, or save.

Cockatrice is a ruddy mix of snake and chicken. The taste is plain and pleasant, if perhaps a little lean. Their eggs are savory, with silky simple yolks.

- Poultry (wings) ☐
- Eggs ☐

Darkmantle

Gain blindsight out to 60 feet for one round.

Darkmantles can exude an arcane shadow. The obscurative magic adds an unexpected tang to the creature's squiddy tentacles. The taste is somewhere between ginger and turmeric.

- Seafood (tentacles) ☐

Death Dog

Deal an extra 2d4 necrotic damage when you hit with an attack.

Death dogs carry a flesh rotting disease, so cook them well. Their head and neck meat is edible, but the rest of their muscles have the taste and texture of warty boot-leather.

- Meat (left head) ☐
- Meat (right head) ☐

Displacer Beast

Add +2 when you make a Wisdom check, attack, or save.

Displacer beasts were bred deep in the heart of the Feywild. Panthers have naturally bland meat, but it has here been enhanced with generations of magical crossbreeding. One can especially taste the floral tinge of elven transmutation, not unlike saffron.

- Meat (legs) ☐
- Meat (legs) ☐
- Seafood (tentacle) ☐

Doppelganger

Add +2 when you make a Charisma check, attack, or save.

Doppelgangers shift their anatomy to match whatever creature they are mimicking. When they die, they revert to their true form and their internals settle into a random form which they have previously taken.

Roll on this table to determine a doppelganger's flavor.

d8	Flavor	d8	Flavor
1	Bitter like a dwarf	5	Fruity like a gnome
2	Spiced like an elf	6	Sulfuric like a tiefling
3	Sweet like a human	7	Wild like a half-orc
4	Nutty like a halfling	8	Unnamable complexities

- Meat (ribs) ☐
- Meat (legs) ☐

Drider

For 3 rounds, gain darkvision out to 60 feet and gain advantage on Wisdom (Perception) checks made in dim light or darkness.

Unlike centaurs or mermaids, who are natural creatures with a singular taste each, driders are crafted by Lolth's magic. They truly are half drow and half giant spider.

Their spider half tastes similar to dank cave crab. The drow half has the distinct stagnant flavor that plagues all dark elves.

- Crustacean (back legs) ☐
- Crustacean (front legs) ☐
- Meat (ribs) ☐

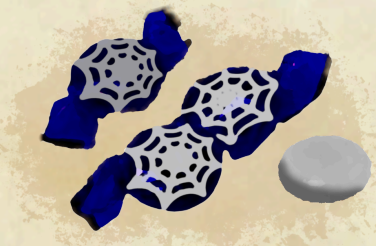
Ettercap

Add +2 when you make a Constitution check, attack, or save.

Ettercaps spin their webs from an internal organ filled with slime. The flavor is delicate and slightly earthy, like enoki mushrooms. You can mix it with a little honey and bake it to create a unique candy.

The rest of the meat of an ettercap cooks like a typical giant spider, with a shrimpy salty flavor.

- Crustacean (claws) ☐
- Extract (web slime) ☐



WEB SLIME CANDIES

Gorgon

Become immune to being petrified for 1 round. You can do this when being petrified to ignore the effect.

Alternatively, as an action, take 2d4 slashing damage to spill your blood on a petrified creature within 5 feet. The creature is no longer petrified.

Gorgons have iron plates for skin, but inside they are very similar to an organic bull. Some of the muscles of a gorgon are underdeveloped, because the iron skin does the work those muscles would usually do.

If one can avoid the poisonous gas, a gorgon is basically a metal case full of veal.

- Meat (veal) ☐
- Meat (brisket) ☐
- Meat (trotters) ☐

Grick

Gricks provide a grubby meat, with a slightly chewy texture. Despite this, there is a pleasant verdant flavor here, similar to taro. Unlike most creatures with tentacles, they cook like red meat not seafood.

Typical Grick

Add +2 when you make a Strength check, attack, or save.

- Meat (side strip) ☐
- Meat (tentacles) ☐

Grick Alpha

Add +3 when you make a Strength check, attack, or save.

- Meat (side strip) ☐
- Meat (side strip) ☐
- Meat (tentacles) ☐

Griffon

Add +2 when you make a Charisma check, attack, or save.

Griffin taste very little like eagles, instead mostly carrying the dark iron tang of lion meat. This owes mostly to their diet of horses, which is closer to a lion's diet than an eagle's. The eagle wings and drums cook like poultry, but with a lovely richness usually only tasted in red meat.

Their eggs are delectable and buttery, because they are loaded with fat to keep unhatched griffons warm on the cold mountain tops.

- Meat (lion shanks) ☐
- Poultry (eagle wings) ☐
- Poultry (eagle drums) ☐

There is a 50% chance of also finding:

- Eggs ☐

Harpy

Add +2 when you make a Charisma check, attack, or save.

Harpy meat is gritty and stringy. If the harpy is a poor hunter, and has defaulted to scavenging, there may be a rotten sweetness, but typical harpy has a milder flavor, like very dry chicken.

A skilled chef may be able to salvage the dry meat with a good sauce, or by making a harpy stew.

- Meat (legs) ☐
- Poultry (wings) ☐

Hippogriff

Add +2 when you make a Wisdom check, attack, or save.

Most creatures find hippogriffs to be mild, even watery. However, dragons, wyverns, and dragonborn find the taste delectable. Their reptilian senses detect flavors in the meat that are subtler and older than what I can perceive. To them, hippogriff meat is a delicate web of umami and sweetness.

In ancient times, hippogriffs were the primary prey of many dragons, and this has gifted them with a palate capable of fully appreciating the hidden flavors of this reclusive beast.

- Meat (horse flank) ☐
- Poultry (eagle wings) ☐
- Poultry (eagle wings) ☐

Hook Horror

Add +8 when you make a Wisdom (Perception) check that relies on hearing.

For an adventurer chef, hook horror is one of the first truly unique tastes they will come across. Found in its flesh are the mingled flavors of rotten vulture, greasy bear, nutty beetle, mild cat, and salted spider, all enclosed in an envelope of classic Underdark mushroominess.

The taste is interesting, if not especially good.

- Crustacean (claw) ☐
- Meat (ribs) ☐
- Meat (shanks) ☐

There is a 50% chance of also finding:

- Eggs ☐

Hydra

At the start of your turn for 3 rounds, you gain 3d4 temporary hit points. Fire damage bypasses these temporary hit points, and then ends this benefit.

Hydra tastes more like crocodile than snake. It is smooth and slick and satisfying, with a salty aftertaste. Hydras grow from the shed blood of the fallen dragon god Lernaea, so don't bother looking for eggs.

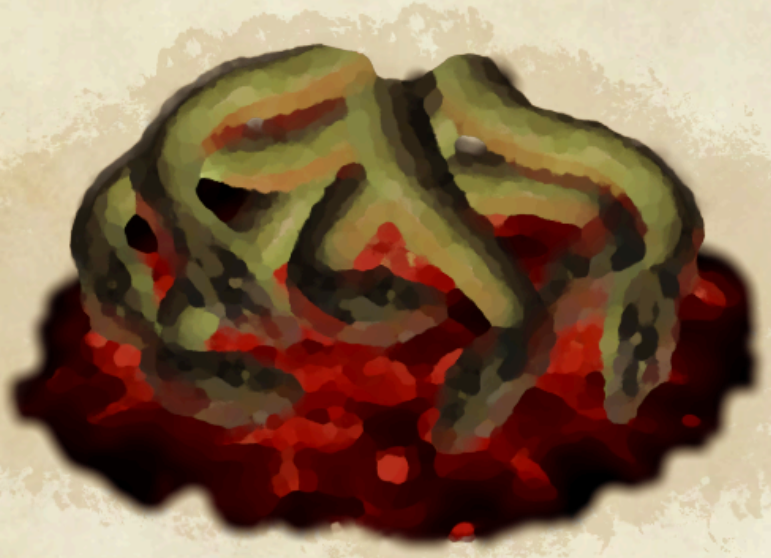
A cunning chef can get quite a bit of meat from a hydra. Chop off the heads and let them regrow until you don't think you could fight off any more, than slay the monster.

The heads that fall off shrivel away into inedible scraps of skin, so the total amount of edible material you get depends on the number of heads present on the hydra when it dies.

- Seafood (brisket) ☐
- Seafood (flanks) ☐

The hydra provides neck meat based on this chart:

Hydra Heads	Ingredients
1 to 3	Seafood (neck meat) ☐
4 to 6	Seafood (neck meat) ☐
	Seafood (neck meat) ☐
7 to 9	Seafood (neck meat) ☐
	Seafood (neck meat) ☐
	Seafood (neck meat) ☐
10 to 12	Seafood (neck meat) ☐
	Seafood (neck meat) ☐
	Seafood (neck meat) ☐
	Seafood (neck meat) ☐
13 or more	Seafood (neck meat) ☐
	Seafood (neck meat) ☐
	Seafood (neck meat) ☐
	Seafood (neck meat) ☐
	Seafood (neck meat) ☐



WILD-CAUGHT HYDRA ROASTING ON A BED OF COALS

Kraken

Grow a tentacle which disappears after 1 minute. The tentacle grants you an extra action on each turn, which can be used only to do one of the following:

- Make one attack with the tentacle. It is a reach finesse melee weapon that deals 1d8 bludgeoning damage.
- Make a grapple or shove attack.
- Use a potion.
- Use an object.

Kraken, like mundane squid, are almost entirely muscle. Unlike squid, these muscles are strong enough to crack lighthouses in half. So tenderize, tenderize, tenderize.

The effort is worth it for the unique profile that kraken meat offers. Krakens can soak up the strange flavors of deep sea minerals or the woody tang of shipwrecks, depending on where they spent their time, but there is always a deep and crispy brine unlike any other seafood.

Also, fair warning, it is said that the will of a kraken persists after death, and that those that eat of its flesh grow slimy tendrils from various parts of their body.

- Seafood (mantle) ☐
- Seafood (mantle) ☐
- Seafood (tentacle) ☐
- Seafood (tentacle) ☐
- Seafood (tentacle) ☐
- Seafood (tentacle) ☐

Lamia

Add +2 when you make a Charisma check, attack, or save.

Lamias are created by the demon lord Graz'zt out of humanoids, in exchange for fealty. This has two major impacts on the flavor of lamia meat.

One, they carry a touch of the demonic. It is a subtle influence, serving to round out the creature's natural palate, for a toothsome and delicate meal.

Two, they are not truly related to lions. They have dense muscle and should be cooked into steaks or slabs as lion meat is, but they lack any of a lion's metallic tang.

Lamia tastes like full fresh human, in the quantity and form factor of a quadruped. Be sure to loot their hedonistic temples for unusual spices, such as juniper and celeriac.

- Meat (human ribs) ☐
- Meat (lion brisket) ☐
- Meat (lion flanks) ☐

MANTICORE SPINE SOUP

Manticore

When you make a claw attack or an unarmed strike with your hand, deal an extra 2d4 piercing damage.

What a novelty! Manticores were a particular favorite of mine as a young chef. A manticore is a mess of different animal parts, each with their own flavors and textures. Enjoy a plate of human chitlins, dragon wings, lion brisket, or a wild multi-flavor barbecue.

But here's the best part! The tail spines are not poisonous, and can be boiled until they take on the texture of noodles, with a salty tangy taste.

- Poultry (wings) ☐
- Meat (brisket) ☐
- Meat (chuck) ☐

If the manticore has at least 12 tail spikes left, you also find:

- Meat (tail spines) ☐

If it has all 24 tail spikes left, you also find:

- Meat (tail spines) ☐

Medusa

Become immune to being petrified for 1 round. You can do this when being petrified to ignore the effect.

Alternatively, as an action, take 2d4 slashing damage to spill your blood on a petrified creature within 5 feet. The creature is no longer petrified.

Medusa is a rare dish indeed. Most adventurers can only slay one by turning them to stone, which wastes their exotic meat.

The serpent hair is incredibly venomous, but has the same flavor as the rest of the body, which is flakey and cool, with an almost fishy aftertaste. If you cook them in their own blood, they take on an earthy mineral flavor.

- Meat (ribs) ☐
- Meat (legs) ☐

Merrow

Add +2 when you make an Intelligence check, attack, or save.

Merrows became what they are after exposure to the Abyss. Their surfy-turfy flesh has the same salty crest and umami oils of normal merfolk, but the demonic influence darkens these tones into something greasy and indulgent. Their fishy oils are good for the brain.

- Seafood (belly) ☐
- Seafood (upper tail) ☐
- Seafood (lower tail) ☐

There is a 75% chance of also finding:

- Eggs (roe) ☐

Mimic

Use another ingredient's benefit that you have stored. Alternatively, you can regain 1d4 hit points.

Dead mimic has the consistency of sweaty taffy. It sticks and stretches, and leaves slimy wet stains on countertops. To make it easier to cook, you can roll it out, and pat it with flour from your Cook's Utensils.

Leave it out to rest, and the acidic alchemical components will digest themselves and evaporate out. This process fluffs up the form, creating a kind of dough. The resulting purple bread is chewy with a briney mollusky profile, like a salt-crusted bagel.

Mimic dough tends to copy the nutritional effects of other food in one's system, as it reflexively imitates any surrounding chemicals during digestion.

- Extract (dungeon dough) ☐

Minotaur

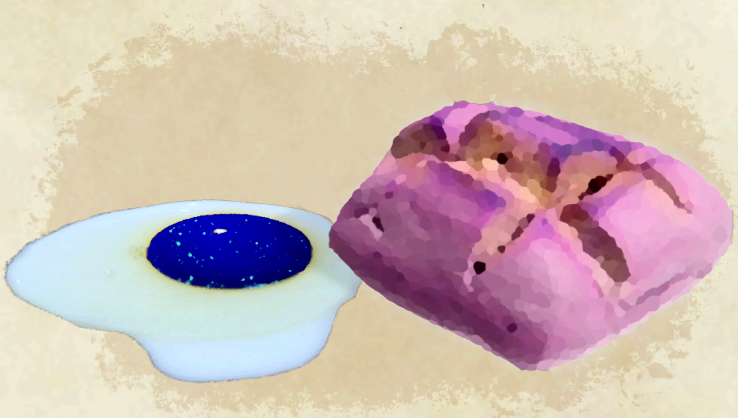
Add +2 when you make a Strength check, attack, or save.

A young chef might expect minotaur to blend the flavors of beef and human. This is only partly true. While minotaur meat does have beefy juices and humany sweetness, it also has something unexpected: A hot metallic aftertaste.

The reason is simple. Minotaurs, unlike cows or humans, are carnivores. As such, they are iron-rich and bloody.

Not ideal for a burger, but great for a roast. I cook mine trussed up with enchanted twine for poetic balance.

- Meat (chuck) ☐
- Meat (brisket) ☐
- Meat (round) ☐



SPIRIT NAGA EGG WITH A DUNGEON DOUGH BUN

Naga

The body of a naga is entirely artificial. They are created and sustained purely by arcane force. When slain, their corpse remains behind, and they reappear elsewhere in a process called rejuvenation.

Bone Naga

Add +2 to your spell attack bonus or spell save DC for 1 round.

There exists a necromantic ritual that interrupts a naga's endless cycle of rejuvenation, transforming them from an arcane monstrosity into a lowly undead creature.

In this state, they are stale and skeletal, but their marrow still gleams with the sparkling flavor of raw magic.

- Extract (yellow marrow) ☐
- Extract (yellow marrow) ☐

Spirit or Guardian Naga

Add +4 to your spell attack bonus or spell save DC for 1 round.

Naga "meat" has little texture. It is glossy and slick, like escargot. There are no bundles or fibers in the flesh, because it isn't natural muscle, merely an arcane representation of bulk.

The taste is real enough though. It pops and swirls on the tongue, an explosion of sweetness and aged leather, like a spellbook soaked in sugary brandy and set alight.

Naga eggs are rare, laid only on cosmologically important dates such as eclipses and solstices.

- Meat (upper back meat) ☐
- Meat (mid back meat) ☐
- Meat (lower back meat) ☐

There is a 10% chance of also finding:

- Eggs ☐

Owlbear

Add +2 when you make a Wisdom check, attack, or save.

This is a simple and classic dish. Just remember to cook it low and slow, and remove any bones left in the stomach before preparing the entrails.

As a creature that produces both eggs and milk, it can make its own custard! Owlbear custard is creamy and rich, a favorite of many village children along the Swordcoast.

However, my personal preference is for the leg. Picture a 100 pound drumstick that is marbled with bear fat.

- Poultry (thighs) ☐
- Meat (rump) ☐
- Meat (brisket) ☐

There is a 50% chance of also finding:

- Eggs ☐
- Dairy (milk) ☐

Peryton

Disengage as a bonus action.

Despite their gorgeous appearance, perytons are not especially tasty. They are descended from cursed vultures, and maintain the rotten flavor of their ancestors.

Their eggs are much tastier. They have a clean smooth texture, and a taste like uncorrupted innocence. Think buttermilk with cold honey.

Normally, peryton shadows have the shape of humanoids. For a brief time after a female peryton eats a humanoid heart, her shadow accurately reflects her monstrous shape and she will have an egg inside of her.

- Poultry (wings) ☐
- Poultry (thighs) ☐

If it is a female that has eaten a humanoid heart, you can also find:

- Eggs ☐

FIVE-FOOT TALL SLICES OF PURPLE WORM

Phase Spider

Increase or decrease the distance by up to 15 feet when you teleport.

Alternatively, add +2 when you make a Dexterity check, attack, or save.

The spider's natural flavor is woody, similar to toasted nuts. Its constant travel through the Ethereal Plane lends a somber bittersweet flavor.

- Crustacean (front legs) ☐
- Crustacean (back legs) ☐
- Crustacean (abdomen) ☐

Piercer

Add +2 when you make a Constitution check, attack, or save.

Piercers have a pleasant sea slug flavor, but excrete foul-smelling slime. Wash them with strong alcohol, then cook them immediately or preserve them with pickling or smoking.

- Seafood (keel) ☐

Purple Worm

When you make an unarmed strike or natural weapon attack, deal an extra 5d4 bludgeoning damage and automatically grapple the creature.

Raw purple worm is ropey and tough. It's difficult to stick a dagger into, much less a tooth. The key to cooking it is slow roasting. For convenience, it is best to cut it into rings before storing.

When properly prepared, they have the consistency of intestine, with a fatty neutral taste. It absorbs other flavors well, which is good because there is a lot of it and any one flavor would get boring after a while.

The eggs are small, numerous, and bitter. Picture a barrel of savory tapioca. (Or better yet, don't.)

- Meat (neck rings) ☐
- Meat (upper rings) ☐
- Meat (middle rings) ☐
- Meat (lower rings) ☐
- Meat (tail rings) ☐

There is a 75% chance of also finding:

- Eggs ☐
- Eggs ☐

Remorhaz

Remorhazes cannot be harmed by fire or cold in life, due to the temperature-regulating fluid which flows through their body in a tube-based network which is parallel to their circulatory system.

Once this fluid (called remor) is drained, the corpse can be cooked as normal. Eating the meat allows you to safely produce remor in your own body.

The taste of remorhaz is like snow crab, but heartier and fibrous. I like mine with a yeti-milk remoulade.

Typical Remorhaz

As a bonus action, gain resistance to either fire or cold damage for 5 rounds.

- Crustacean (ridge) ☐
- Crustacean (legs) ☐
- Crustacean (body) ☐
- Crustacean (tail) ☐

There is a 50% chance of also finding:

- Eggs ☐

Young Remorhaz

As a bonus action, gain resistance to either fire or cold damage for 3 rounds.

- Crustacean (legs) ☐
- Crustacean (body) ☐
- Crustacean (tail) ☐

Roc

Add +4 when you make a Strength check, attack, or save.

Contrary to what you might guess, a roc can't be cooked like any old chicken. To survive with a fifty-foot wingspan, rocs have many unusual adaptations. For example, their hearts are incredibly large in proportion to their bodies, and their muscles produce significantly less acid during long-term use.

As a chef, you should be prepared for very dark meat, chewy joints, and a surprising amount of blood. If you're lucky, you may find a single titanic egg.

- Poultry (breast) ☐
- Poultry (thigh) ☐
- Poultry (left wing) ☐
- Poultry (right wing) ☐
- Poultry (wing tips) ☐

There is a 25% chance of also finding:

- Eggs (white of a single giant egg) ☐
- Eggs (yolk of a single giant egg) ☐

Roper

Add +3 when you make a Dexterity check, attack, or save.

When ropers consume creatures, they store whatever they can't digest in their gizzard. Now, ropers can break down bone, leather, and even iron, so this means their gizzards are just packed with gold, platinum, and magic items.

Cut out the gizzard, and sell all that junk for good cookware. I recommend cast iron or enchanted moonstone.

As for the roper itself, there are two steps to cook it. First, snip off the tendrils, which taste less like squid tentacles and more like tongue meat. Second, render out the lard.

- Meat (tendrils) ☐
- Meat (fat) ☐

RUST MONSTER CLAWS

Rust Monster

Add +2 when you make a Constitution check, attack, or save.

Rust monster is very metallic, but the tang is reduced with a little cleaning and a splash of vinegar. The result is a shrimpy meat with an iron-rich edge. A little drawn butter goes a long way with this dish.

The tendrils dissolve iron even after death, so be sure to cook it using non-metal cookware such as a clay pot or a stonework pan. My favorite preparation method is a stir fry, as long as you have chopsticks made of wood or ivory!

Unfortunately, their eggs are fully inedible. They are a messy semifluid composed of heavy metals and monstrous oil.

- Crustacean (abdomen) ☐
- Crustacean (tail) ☐

Sphinx

Gods create sphinxes as divine monstrosities to guard their temples. However, they are not true celestials. Instead of being ageless beings of pure heavenly will, they are organic creatures.

Their meat is rich in earthly roiling flavors, with spikes of salt in their haunches. But because they are directly made by a divine being, there is a certain strangeness to their taste. There is something half-remembered, something distant, something too perfect. It's like eating a family recipe that has been prepared by a professional chef. The flavor is wonderful, but it never tastes quite right.

Androsphinx

As an action, cast *augury*, *detect magic*, or *zone of truth*. Ignore any material components.

- Poultry (wings) ☐
- Meat (brisket) ☐
- Meat (round) ☐

Gynosphinx

As an action, cast *detect magic* or *locate object*. Ignore any material components.

- Poultry (wings) ☐
- Meat (brisket) ☐
- Meat (round) ☐

GLAZED SPHINX ROAST

Tarrasque

Permanently increase your Constitution score by 2, to a maximum of 22. This benefit can only be gained once.

Alternatively, add +10 to a single attack, check, save, or damage roll.

The Big One. The Apocalypse Beast. The Unsaute-able.

The tarrasque is known by many names, but has never, to my knowledge, been eaten. To do so would mark one as the ultimate gourmand. This is the one creature in this tome which I have never tasted, and I consider it my greatest failure.

If you are reading this passage, you are likely preparing to face the tarrasque. May Yeenoghu grant you strength. I hope you succeed where I have failed. I will share what legends I can:

- No blade can remove the tarrasque's carapace, except the internal spine-like teeth of its first stomach, also known as the Craw.
- No substance can tenderize the tarrasque's flesh, except the steaming acid of its second stomach, also known as the Gut.
- No heat can cook the tarrasque's meat, except for the bilious fires of its third stomach, also known as the Pylorus.

Should you manage to gather the necessary parts of the monstrosity's anatomy, and take part in that most honorable communion, I ask humbly that you do what I could not, and record its flavor here:

_____

_____

_____

Do not let me down, and gods be with you.

- Meat (lower tail) ☐
- Meat (upper tail) ☐
- Meat (left leg) ☐
- Meat (right leg) ☐
- Meat (left ribs) ☐
- Meat (right ribs) ☐
- Meat (left arm) ☐
- Meat (right arm) ☐

Culinary Quest

In a monster-eating campaign, it is recommended that the cooking of a tarrasque feel exciting in its own right.

Perhaps the players (level 8 to 10) have been hired to cook a freshly slain tarrasque, and must battle its aberrant parasites while navigating its dungeon-like digestive tract.

If the players themselves (level 18 to 20) are the ones who slayed the tarrasque, a skill challenge to cook it might suffice, in lieu of the usual cooking rules.

Umber Hulk

> Add +3 when you make a Charisma check, attack, or save.

If you think crab meat is annoying to pull out, avoid the umber hulk. Umber chitin is as hard as steel, and their muscles are assisted by a hydraulic system inside of their body. These hydraulic tubes are also composed of steel-hard chitin.

The process of removing all the meat is therefore very long and annoying, but it does result in some lovely brown lobster-like meat.

- Crustacean (claws) ☐
- Crustacean (abdomen) ☐
- Crustacean (legs) ☐

Winter Wolf

> Add +2 when you make a Wisdom check, attack, or save.

Winter wolf tastes wild and bloody, regardless of whether it is rare or well-done. The meat has a pungent nose.

The meat loses heat very quickly, so plate immediately after cooking.

- Meat (fatback) ☐
- Meat (belly) ☐
- Meat (legs) ☐

Worg

> Add +2 when you make a Constitution check, attack, or save.

Like all creatures related to dire wolves, worgs taste rare and intense regardless of how well-cooked they are. Unlike most wolves though, worgs have a stringy bitter simian flavor.

As they live in goblin dens, casting *purify food and drink* before cooking them is crucial.

- Meat (fatback) ☐
- Meat (belly) ☐
- Meat (legs) ☐

Yeti

Yeti meat is fatty and tightly packed. Yeti skin houses a tough layer of blubber, collectively called muktuk. Below this insulation lies their dense rich meat.

The blood of a yeti has anti-freezing properties, and is entirely inedible. Be sure to drain it well! Its effects linger in the flesh, which means yeti meat never suffers frost burn, which is nice. Likewise, whoever eats the meat or milk of a yeti will be braced against the cold of winter.

Yeti milk is hearty and warming, much like yak milk.

Abominable Yeti

> Brace yourself against the cold for 24 hours. Add +4 to all Constitution saving throws induced by cold weather or cold damage.

Abominable ribs are tougher, because of the additional muscle use when they howl. Also, since males are usually eaten, most abominable yetis encountered in the wild are female.

- Meat (ribs) ☐
- Meat (belly) ☐
- Meat (limbs) ☐
- Meat (paws) ☐

There is a 80% chance of also finding:

- Dairy (milk) ☐

Typical Yeti

> Brace yourself against the cold for 8 hours. Add +2 to all Constitution saving throws induced by cold weather or cold damage.

- Meat (ribs) ☐
- Meat (belly) ☐
- Meat (paws) ☐

There is a 50% chance of also finding:

- Dairy (milk) ☐

YETI MILK ICE CREAM SERVED IN ORIGINAL HORNS

Yuan-ti

Yuan-ti are an unusual ingredient. There are three basic forms. Abominations and malisons can shapeshift between a monstrous form and a snake form. Purebloods only ever appear as vaguely serpentine humans.

Yuan-ti are unique among shapeshifters, in that they do not revert to their true form when they die. That means that if you kill a malison when it is in the form of a snake, you get to cook and eat the snake body. This is great news!

A yuan-ti in any form other than a snake has decent meat. It is steamy and light, with a hint of reptilian sweetness. However, a yuan-ti in snake form is a delicacy. The pure snake oils in its flesh give it a fishier creamer flavor, firm and inviting.

Yuan-ti Abomination

> Add +3 when you make a saving throw against a spell or magical effect.

True Form

- Meat (ribs) ☐
- Meat (upper tail) ☐
- Meat (lower tail) ☐

Snake Form

- Seafood (upper body) ☐
- Seafood (middle body) ☐
- Seafood (lower body) ☐

Yuan-ti Malison

> Add +2 when you make a saving throw against a spell or magical effect.

True Form

- Meat (ribs) ☐
- Meat (lower body) ☐

Snake Form

- Seafood (upper body) ☐
- Seafood (lower body) ☐

Yuan-ti Pureblood

> Add +2 when you make a Charisma check, attack, or save.

Purebloods are technically humanoid, if that matters for your recipes or your morals.

- Meat (ribs) ☐
- Meat (legs) ☐

MEZCAL JUG WITH ABOMINATION

MALISON ASADA WITH A VENOM REDUCTION

PUREBLOOD CHICHARRÓN WITH SALSA VERDE

Oozes

Few flavors are so vivid as the bubbling bouquet of the oozes. As spawns of the demon lord Jubilex, they carry Yeenoghu's Blessing. One must be careful to clean them well though, as they tend to pick up worg hair, dungeon grit, and torch ash. Eating an ooze acidifies one's own spit and sweat.

Black Pudding

When you hit with an unarmed strike or natural weapon, deal an extra 2d4 acid damage against a creature, or 4d4 against a wooden or metal object.

While powerfully caustic, black puddings are not technically acidic. Instead, they use flavorless alchemical solvents to dissolve their prey.

The pudding does not dissolve the sugars of the creatures it digests, which over time infuses the ooze with a sickly sweet flavor. Black pudding tastes like simmering sugar and brown butter, with notes of toasted caramel.

If the black pudding is tiny or small, its mass is insufficient to provide any ingredients. If the black pudding is medium, it provides:

- Extract (plasm) ☐

If the black pudding is large, it provides:

- Extract (plasm) ☐
- Extract (plasm) ☐
- Extract (plasm) ☐

Gelatinous Cube

When you hit with an unarmed strike or natural weapon, deal an extra 3d4 acid damage against a creature.

Cubes are chemically pure, and easy to control in cooking. Its acid gives it a bright and tart taste, like fresh lemon. At the wish of its chef, cube can be rendered flavorless with the addition of crushed chalk.

Whatever its flavor, gelatinous cube makes an excellent egg substitute, especially when whipped into a meringue.

- Eggs (oozey substitute) ☐
- Eggs (oozey substitute) ☐
- Eggs (oozey substitute) ☐

Gray Ooze

When you hit with an unarmed strike or natural weapon, deal an extra 2d4 acid damage against a creature, or 4d4 against a metal object.

Gray oozes are not true acids, instead rapidly oxidizing their prey with a salty chemical bath. This saline composition is why they excel at corroding steel.

Because of this, the flavor of a gray ooze is not acidically sour, but richly salty. A gray ooze extract consists of tiny pyramids of black salt, floating in a solution of sparkling gray. The flavor is elegant and earthy, heightening the tastes of whatever it touches.

- Extract (salt slime) ☐
- Extract (salt slime) ☐

Ochre Jelly

When you hit with an unarmed strike or natural weapon, deal an extra 2d4 acid damage against a creature.

The surface of an ochre jelly forms a skin like cooked milk. They carry acid like a gelatinous cube, but are not so chemically pure. The caustic reactions in the belly of a jelly produce strange chemical byproducts, which are floral, almost fruity, and slightly sweet.

The end result is that an ochre jelly is both sour and sweet, with a citrusy tang like marmalade.

If the jelly is tiny or small, its mass is insufficient to provide any ingredients. If the jelly is medium, it provides:

- Extract (ochrellia) ☐

If the jelly is large, it provides:

- Extract (ochrellia) ☐
- Extract (ochrellia) ☐
- Extract (ochrellia) ☐

HIBISCUS-FLAVORED JELLY JELLY

Plants

Good chefs know that a balanced diet is crucial. One cannot live off of maggoty bread alone! Just be sure to always choose fresh plant monsters, and ask your rogue to dice them into equal-sized pieces for even cooking.

Awakened Shrub

Add +2 when you make an Intelligence check, attack or save.

Shrubs vary wildly. You can find herbs like thyme and rosemary, or fruits like blueberries and strawberries. Produce from awakened shrubs has a stronger taste than its mundane counterpart.

- Produce (pickings and cuttings) ☐

Awakened Tree

Add +2 when you make an Intelligence check, attack or save.

Awakened trees, like their cousins the awakened shrubs, produce vibrantly flavored produce, such as apples and pears. If you can't find fruit in them, you can grind their tree nuts into a milk-like substitute.

There is a 50% chance of finding:

- Produce (fruits) ☐

If there are no fruits, you will find:

- Dairy (nut-based milk) ☐

Blight

Add +2 when you make a Constitution check, attack, or save.

Blights are safe to eat raw, but their thorns must be either cut off or ground up before serving. The flavor of a blight is similar to bitter melon.

Needle Blight

Needles are dry and woody, and have a satisfying snap to them. A tired chef might brew a bracing tea.

- Produce (vegetation) ☐
- Produce (vegetation) ☐

Twig Blight

Twigs are a little more flexible, with a texture like watermelon rind. I like to use their crunchy leaves in salads and sandwiches.

- Produce (vegetation) ☐

Vine Blight

Vines are quite juicy. Expect to make a mess when you fight them, but at least the stains will be deliciously sour.

- Produce (vegetation) ☐
- Produce (vegetation) ☐

Fungi

Add +2 when you make a Constitution check, attack, or save.

Fungi are as diverse as plants when it comes to flavor and form. In addition to their usual tastes, a fungus from the Underdark is infused with the mustiness characteristic of those tunnels.

When going mushroom hunting, bring antitoxins and a sharp knife. Even dwarves must beware the poisons of these morsels.

Gas Spore

The skin of a gas spore is featherlight, with a papery texture and a sweet nutty taste.

- Produce (skin) ☐

Shrieker

Shrieker mushrooms are a staple for dwellers of the Underdark. They taste buttery, with a texture like oily bread.

- Produce (cap) ☐
- Produce (stem) ☐

Violet Fungus

Violets have a stringy damp texture, which some find unimpressive. But they boast a bold aromatic taste unlike any other mushroom. The sour sweet flavor reminds one of pineapple, honey, and ginger.

- Produce (gills) ☐
- Produce (gills) ☐

NEEDLE BLIGHT THORNS & VINE BLIGHT FRUIT

Myconid

Remove the poisoned condition on yourself.

Myconids are soaked in fragrant spores, which smell nice but taste chemical, like drinking perfume. This can be removed in any number of ways, such as steaming, smoking, or just very thorough washing.

Once the spores are cleaned out, myconid has an earthy smack, like maitake. The Duergan word for myconid meat *miconir*, but most call it *gol-avor-kjol* which means "chicken of the tunnel" in refrence to the myconids' delicious and plentiful nature.

If you want a truly stunning myconid recipe, seek out a duergar cookbook.

Myconid Sprout

- Produce (cap) ☐

Myconid Adult

- Produce (cap) ☐
- Produce (stem) ☐

Myconid Sovereign

- Produce (cap) ☐
- Produce (stem) ☐
- Produce (gills) ☐

Spore Servant

A spore servant is a creature reanimated by the spores of a myconid. The meat may be a little old, but if you scrape out the joints and spine, you'll find delicious spongey myconid nodules.

Side Salad

Spore servants provide whatever ingredients they normally would (subject to DM discretion). Those ingredients give their original benefits. A medium or large spore servant also provides this additional myconid ingredient:

- Produce (nodules) ☐

Shambling Mound

Add +3 when you make a Constitution check, attack, or save.

Shambling mounds are spawned by lightning, and this energy lies dormant in their root-stem. Before cutting them up, its always a good idea to ground them by touching them to a large piece of metal, like a suit of armor or iron plow.

Shambling mounds are tough to farm, but they can be cut down to almost nothing and then slowly regrown in fertile soil.

Their vegetation is slightly fermented, and carries lots of brackish juice. The resulting taste is similar to kimchi, but chewier and less spicy. I like mine with shrimp or boiled rust monster.

- Produce (starchy roots) ☐
- Produce (leafy vines) ☐
- Produce (leafy vines) ☐

Treant

Regain 4d4+4 hit points.

Treants grow fat and old on natural magic. This same magic swells their fruit and deepens its taste. Their boughs hang heavy with huge chestnuts, or cherries, or peaches. I've seen golden apples the size of pumpkins. It takes nearly a century to regrow these fruits, so most treants are loathe to give them up.

These fruits are deliciously seasonal. In winter, they smolder with toasty warmth. In spring they burst with sweetness. By summer they are bold and rich, and in autumn they are tinged by strange spices.

The spell *druidcraft* truly awakens this flavor, making it nearly irresistible, especially to the fey.

- Produce (fangorn fruit or nut) ☐
- Produce (fangorn fruit or nut) ☐
- Produce (fangorn fruit or nut) ☐
- Produce (fangorn fruit or nut) ☐

SHAMBLING SALAD

Undead

Crawling, clutching, howling horrors abound in the world of shadow. For an adventuring chef, there is something macabrely comforting about that. If you fail to catch and eat a creature in life, you may be able to eat its ghost. The undead are a culinary second chance, the ultimate leftovers.

Ectoplasmic Omens

Ectoplasm is the substance which composes the intangible dead. It is a cool, pallid liquid that tastes of moonlight and chilled silver.

When a creature consumes a dish that includes ectoplasm, they become cursed until they finish a long rest. While cursed, they experience a random omen from the table below.

Ectoplasmic Omens Table

1d10	Omen
1	You cannot blink or narrow your eyes.
2	You shiver and twitch.
3	You become gaunt and pale.
4	Your breath comes out as white fog.
5	Your eyes become pools of darkness.
6	Your skin is icy cold. Frost forms on it.
7	You feel uneasy in direct sunlight.
8	You speak in whispers and hushed tones.
9	You cannot understand humor.
10	Your hair drifts as though in a breeze.

Banshee

When you touch a creature, ask the DM what they desire. The DM will respond with a one-word answer.

A banshee's ectoplasm is usually ivory white. There are notes of strange spices, uncannily distant and difficult to place, like a song on the wind one can no longer quite remember. Drinking the remains of a banshee fills one with a sense of melancholy, curiosity, and longing.

- Extract (ectoplasm) ☐

DRY-AGED DEATH KNIGHT BONES

Crawling Claw

Add +4 to a Dexterity (Sleight of Hand) or Intelligence (Arcana) check.

The scant flesh on a claw is completely inedible. However, like an oyster's shell, there is a delicacy hidden inside.

One quarter of the world's population has mold beneath their fingernails. Usually it is too small to see. However, the same necromancy that animates a crawling claw also nourishes the mold, causing it to bloom into necori.

Necori appears as crusty fuzz, ranging from green to orange in color. The taste is pungent, like blue cheese. Necori mold siphons energy from both the claw and the necromancer, which aids the consumer in both thievery and magic.

There is a 25% chance of finding:

- Produce (necori mold) ☐

Familiar Flavor

Remember that a creature bound as a familiar has tied their essence to the caster's arcane power, and so vanishes completely upon death, leaving nothing behind to eat.

Death Knight

When you hit with an attack against a truly hated creature, deal an extra 6d4+6 necrotic damage.

The death knight is a worthy challenge, both on the battlefield and in the kitchen.

The fire of its haunted soul only persists for about 1 minute after it is destroyed. Catch the fire on the wick of a church candle, then cast *gentle repose* on it. The soul flame can be transformed into an edible ingredient by boiling sacramental wine over the candle. Once the wine begins to bubble, the candle will go out. This imparts the bitter-sweet flavor of great loss onto the drink, which goes well with a high-tannin red.

Also, remember to crack open the knight's bones lengthwise, and scrape out the hate-blackened marrow. The taste is less striking than soul fire wine, but the alchemical benefits are the same.

- Extract (soul fire wine) ☐
- Extract (black marrow) ☐

Demilich

Gain arcane sight for 6 rounds. During this time, you can see invisible creatures and objects, automatically detect visual illusions, and perceive the original forms of shapechangers.

Demilich skulls tend to crumble and fade once they have been defeated.

However, the gems that sit in their eye sockets can be ground into an edible powder, if someone in your kitchen is strong enough. Consider sprinkling the sparkling powder in drinks or as decoration on desserts.

These ocular gems grant the demilich their arcane sight, and offer similar benefits to those that eat them. Unfortunately, they have very little flavor to most people. Only sorcerers, whose bodies are innately tuned to magic, can detect their strange sweetness.

- Extract (gem powder) ☐

Dracolich

Dracoliches have no meat, but a cunning chef can break down their remains into satisfying ingredients. The flavor profile is similar to a living dragon of the same type, but often with a drier palate. The flavors might be crispy and subtle if well-prepared, or stale and unpleasant if not.

- Meat (wing bones) ☐
- Meat (gristle) ☐
- Extract (gray marrow) ☐
- Extract (phylic humors) ☐

Dining with Dracoliches

Dracoliches provide the same benefit as a typical dragon of their age. The dragon's damage type is necrotic.

Flameskull

Add +2 when you make an Intelligence check, attack, or save.

The fire of a flameskull is the fire of insanity. It is pure eldritch madness, which a necromancer inflicts on a flameskull to bend its will to their own.

The emerald fires that halo a flameskull slowly cook it over decades or centuries, boiling the marrow within its bones. The resulting arcane marrow is bright green, and filled with a dozen wild flavors.

In a single flameskull, I once identified the taste of smoke, soil, wild boar, chalk, cherries, lightning, and dark rum. I believe the flavors are based on the thoughts of the flameskull in life, but I have no way to test this.

- Extract (green marrow) ☐

DEMILICH GEMS

Ghost

When you touch a creature, ask the DM what scares them. The DM will respond with a one-word answer.

Ghostly ectoplasm is typically pale blue, but ranges from indigo to off-white depending on the emotional purity of the creature when it died. Consuming ghostly ectoplasm causes one's hair to bristle and one's pulse to quicken.

It is said that those who eat it gain insights into the terrors that stalk men's hearts.

- Extract (ectoplasm) ☐

Ghoul

When you eat during a short rest, regain 2d6 hit points.

Although they are undead, ghouls are not rotten. Their flabby wan flesh is the result of abyssal power, not mere mortal spellcraft. Ghoul flesh burns with demonic hunger, and eating their meat only makes one feel more hungry, even though it is nourishing.

Ghoul meat carries Yeenoghu's Blessing, which grants it a smooth cooling flavor, like cold white wine or tobacco. No matter how much one eats, one always feels just on the edge of refreshment, the precipice of satisfaction, but never actually able to quell their scorching hunger.

Typical Ghoul

The same divine protection which prevents elves from being affected by a typical ghoul's paralytic touch, also prevents elves from being able to taste their meat.

- Meat (ribs) ☐
- Meat (claws) ☐

Ghast

The foul stench of a ghast increases just after death, as the body purges its impurities. A few minutes later, the ghast is left tasting even cleaner and colder than a typical ghoul.

- Meat (ribs) ☐
- Meat (claws) ☐

Lich

Enter a lich's trance for 1 minute, during which you:

- Take on an aspect of the lich's personality.
- Have advantage on checks using a certain ability.
- Have advantage on saves against certain creature types.

The personality, ability, and creature types depend on the humor consumed. The heart offers a benefit identical to one of the four humors, chosen by the chef when they cook it into a dish.

Humor	Personality	Ability	Creature Types
Pale	Emotionless	Wisdom	Fey, Plants
Yellow	Aggressive	Strength	Dragon, Monstrosity
Black	Academic	Intelligence	Aberration, Undead
Red	Confident	Charisma	Celestial, Fiend

A lich's body courses with four arcane humors, infused with the arcane energy of the lich's phylactery. They all taste a little unwholesome, but the particular flavors and effects vary.

Pale. Phlegmatic phylic humor is mildly salty. It drains away distracting emotions, which allows for clearer intuition and the ability to resist the wiles of passionate creatures.

Yellow. Choleric phylic humor is sharply pungent. It burns with an aggression that empowers physical exertion and provides motivation in fights against overwhelming enemies.

Black. Melancholic phylic humor is dryly bitter. It cultivates an academic mindset ideal for analyzing systems and predicting the strange tactics of unnatural entities.

Red. Sanguinous phylic humor is richly metallic. It fills one with a confidence that makes them more persuasive and less likely to be cowed by religious spirits.

The heart of a lich is one of the rarest, juiciest delicacies in the world. It is incredibly tender, as it has never been used.

- Extract (pale phylic humor) ☐
- Extract (yellow phylic humor) ☐
- Extract (black phylic humor) ☐
- Extract (red phylic humor) ☐
- Meat (heart) ☐

Mummy

After dry-aging for centuries beneath the sands, mummy meat is dense and nutty, more potent than any fresh humanoid could be. While it can be eaten on its own or used as stock cubes for a soup, mummy meat is perhaps best when mellified.

To do this, crumble the flakey meat into a tan powder, and muddle it with honey. Try it spread on toast, drizzled over mummified minions, or baked into biscuits. Delicious!

Typical Mummy

Cure yourself of one nonmagical disease or the poisoned condition.

These mummies tend to have less pure embalming rituals than a proper mummy lord, and so may have a slight aftertaste similar to floral perfume or chemicals.

- Meat (dry-aged meat) ☐
- Meat (dry-aged meat) ☐

Mummy Lord

Cure yourself of all diseases, up to two levels of exhaustion, the poisoned condition, or the blinded condition.

This is the source of the most decadent mummy meat, but it is tricky to access. Firstly, mummy lords turn to inedible dust when they are destroyed, if their heart has not yet been burnt to ash.

So the first thing to do is find their heart, (usually hidden in a canopic jar nearby) and burn it to ash. Save the remaining charred cartilage, as this is a particularly potent ingredient.

The other thing to keep in mind is that a mummy lord's lair is a profane place. Food instantly molders, drinking water evaporates, and wine turns quickly to vinegar. Therefore, one should be sure to shop for side dishes *after* the quest is over, or at least store their current food outside of the tomb.

- Meat (dry-aged meat) ☐
- Extract (white marrow) ☐

The burnt heart also provides:

- Extract (canopic cartilage) ☐

Revenant

Add +3 when you make an attack.

A revenant forms when a vengeful soul inhabits a corpse (usually their own). This ensoulment prevents active decay, but does not reverse the rotting that the body has already undergone. Debride any foul flesh, disinfect if necessary, and prepare as you would any humanoid carcass.

But the real treat of a revenant is their spleen. Look for the reddish purple organ about the size of a fist, growing just behind the stomach.

The spleen alchemically processes hatred, which revenants have in spades. The result is a tender over-stuffed organ, almost splitting from the pressure of its bruise-colored juices.

You'll love it if you like the taste of beets, kohlrabi, and horse-flies.

- Meat (spleen) ☐
- Meat (muscles) ☐

Shadow

Add +2 when you make a Charisma check, attack, or save.

Shadows drip with the sweet liquorice flavor of Shadowfell magic. They are uniquely smooth, the trickles of anise blending into an almost creamy flavor, like black raspberry ice cream.

Drinking one in gives the impression that night will last forever, and that nothing could be sweeter.

- Extract (distilled gloom) ☐

Skeleton

Add +2 when you make a Constitution check, attack, or save.

Bones are best if you soak them in saltwater for a day or so first. After, build up a nice smokey fire and cook them up. The popping and crackling is normal. Bones of the undead lose moisture quickly, so I like to serve their marrow with peppercorn sauce or olive oil.

Typical Skeleton

- Extract (brown marrow) ☐

Minotaur or Warhorse Skeleton

These bones carry a heavier flavor, vaguely like beef. Soak them an extra day to really bring it out.

- Extract (brown marrow) ☐
- Extract (brown marrow) ☐

Specter

Add +2 when you make a Charisma check, attack, or save.

What was confusion in a ghost turns to pain in a specter. What was mourning, has become an illimitable rage.

Specter ectoplasm is a stormy violet color, with sharp white shadows. Unlike the cool mildness of ghost, specter ectoplasm is brightly cold. The sensation of drinking it is a little like chewing ice with a mouthful of cracked teeth.

A little of this goes a long way.

- Extract (ectoplasm) ☐

Vampire

Vampires offer cuts of strange bloodless meat. Their flesh is limp and wan, and burns easily in the pan. I've noticed the meat has a leeching effect on surrounding flavors, absorbing them and amplifying their intensity significantly.

One should always use a sacred garnish like garlic when cooking vampire meat, to suppress their harmful negative energies.

Garlic & Garnishes

If a creature eats a dish containing an ingredient from a vampire or thrall, they must succeed on a DC 16 Charisma saving throw or take 6d6 necrotic damage, or half as much on a success.

The effect can be removed from vampire meat by preparing it with garlic or sinica rice.

The effect can be removed from vampire blood by preparing it with sacramental wine or boiled holy water.

True Vampire

Take 1d4 necrotic damage, which cannot be reduced in any way. Then gain 6d4 temporary hit points.

If a true vampire dies from exposure to sunlight, it is burnt to ash. Only powerful curative magics can restore this ash to an edible corpse.

- Extract (blood) ☐
- Meat (pallid flesh) ☐
- Meat (pallid innards) ☐

Vampire Spawn

Take 1d4 necrotic damage, which cannot be reduced in any way. Then gain 3d4 temporary hit points.

- Meat (pallid flesh) ☐
- Meat (pallid innards) ☐

Wight

Add +2 when you make a Wisdom check, attack, or save.

Wight is the cleanest and fairest of the walking corpses. Its cuts are cold and fresh, best prepared as thinly-sliced deli meat. They require a fair bit of seasoning, perhaps mustard seed.

The flesh of wight is bent to the will of their overlords. They are rank and file troops to the bone. This manifests in their flavor as regularity. Every wight tastes just about identical to every other.

If you are a practical chef, this consistency is appreciated. If you are a dreamer like myself, this is the worst possible thing for an ingredient to be: Boring.

- Meat (ribs) ☐
- Meat (legs) ☐

Will-o'-Wisp

Add +2 when you make a Charisma check, attack, or save.

Will-o'-wisps are unusual amongst spirits. Their thin ectoplasm is less like a ghostly slime and more like a morning mist, which settles on the forest underbrush as dew.

Wisp plasm gives off a soft glow and has a subtle storming flavor with an electrical aftertaste.

- Extract (ectoplasmic dew) ☐

Wraith

Add +3 when you make a Charisma check, attack, or save.

Wraithic ectoplasm is greasy and black, leaving oily yellow stains where it touches. The flavor is smokey and hateful like burnt whiskey.

It can be very satisfying in the right context, but it does have an unusual snag: Wraith ectoplasm withers plants, and it tends to ruin the flavor of any produce ingredient which it touches.

Use it on meats and drinks, and you should be fine.

- Extract (ectoplasm) ☐
- Extract (ectoplasm) ☐

Zombie

Add +2 when you make a Constitution check, attack, or save.

Like many corporeal undead, zombies require thorough cleaning before consumption. However, even with their foul innards removed, and their bodies picked free of maggots, a zombie's meat never makes a pleasant dish.

Grave moss can sometimes be found growing on them, but even this has only a mild misty flavor, best used as an accent for cocktails and the like.

Typical Zombie

- Meat (rotten flesh) ☐

There is a 20% chance of also finding:

- Produce (grave moss) ☐

Ogre Zombie

- Meat (rotten flesh) ☐
- Meat (rotten flesh) ☐

There is a 20% chance of also finding:

- Produce (grave moss) ☐

Beholder Zombie

- Meat (rotten flesh) ☐
- Meat (rotten flesh) ☐

There is a 20% chance of also finding:

- Produce (grave moss) ☐

There is a 50% chance of also finding:

- Dairy (spoiled cosmic milk) ☐

ECTODEW AND GRAVE MOSS COCKTAIL

Useful Utensils

It is a poor chef who blames his tools. That being said, it doesn't hurt to have a magic frying pan or two, hehehe. Keep your eye out for the following utensils on your journey.

If you happen to find my old pendant, please bring it back to me, and I'll make you a thank-you dinner. Or you could steal the pendant, and suffer the consequences.

BAG OF COLDING

CLOCHE CALL

Balancing Boons

Dungeon Masters may consider giving out fewer magical items and potions in their adventures, as eating monsters will frequently grant benefits to the Player Characters.

Bag of Colding

Wondrous item, uncommon

This satchel has silver accents and snowflake emblems.

The bag functions identically to a *bag of holding*, but the interior is magically cold and clean. Food and other perishable items do not age or decay while inside it.

Bigby's Pan

Weapon (warhammer), rare

This oversized skillet is made of elemental cast iron.

It can be used as a warhammer. While you wield it with two hands, it grants you a +2 bonus to your AC. If you speak its command word as a bonus action, it deals an extra 1d6 fire damage on a hit for the rest of the round.

Bottle of Balance

Wondrous item, common

Once per day, this bottle can produce 1 gallon of wine. The wine is always perfectly paired to the nearest dish.

Bread of Breaking

Wondrous item, very rare

This loaf of crusty bread always seems freshly baked, warm, and inviting. After all, "companion" literally means "who we share bread with".

The bread can be broken up and shared by up to 10 creatures. If the creatures all share a language, the bread has no effect. Otherwise, the creatures all immediately learn Halfling. Creatures incapable of language, such as dogs, are unaffected.

Cloche Call

Wondrous item, common

Once per day, you can place this silver cloche over a single dish to cast *purify food and drink* on it.

Eager Cleaver

Weapon, rare (requires attunement)

This butcher's knife seems to vibrate excitedly in the presence of meat. It appears to be of goblin make.

It can be used as a light finesse martial melee weapon, which deals 1d8 slashing damage. When you take the attack action using this weapon, you can make a single additional attack with it as a bonus action.

Once per day, you can spin in a flurry of culinary activity and create a dish as an action instead of over the course of a rest.

Evercalm Kettle

Wondrous item, common

Tea brewed in this turquoise teapot has a soothing effect on the drinker. For the next 24 hours they have no nightmares and immunity to the *dream* spell.

Feastfinder

Wondrous item, uncommon (requires attunement)

This towering chef's hat is embroidered with five golden eyes.

As an action while wearing this hat, you can focus on a creature you can see within 30 feet and learn the nutritional benefit granted by eating that creature. This action causes one of the hat's eyes to close. If all of the hat's eyes are closed, it cannot be used. Each dawn, 1d4 + 1 of the hat's eyes reopen.

FEASTFINDER

HEAD CHEF

Fugitive's Cauldron

Wondrous item, common

While this cauldron is on a 5-foot cooking fire, the fire is magically hidden. A creature more than 15 feet away from the fire cannot perceive the fire or its smoke.

Head Chef

Wondrous item, very rare (requires attunement)

This chef's skull has gone slightly brown with age. A half-melted candle sits atop it.

When you cook within 30 feet of it, you can hear it whispering pointers and criticisms. While you are within that range, you have advantage on Dexterity and Wisdom checks using Cook's Utensils.

If you have proficiency in Cook's Utensils and cook 15 monstrous dishes in front of it over the course of at least 30 days, you gain expertise with Cook's Utensils.

Krot's Jawbone

Wondrous item, rare (requires attunement)

Krot fashioned this gristly jawbone pendant from the first gnoll he ever ate.

Bite. While wearing this pendant, your mouth counts as a natural weapon which deals 1d10 piercing damage. Once per turn when you damage a creature with it, you gain 10 temporary hit points.

Curse. Once you don this cursed pendant, you can't doff it unless you are targeted by the remove curse spell or similar magic. While wearing the pendant, you are always hungry. You require twice as much food to survive and have disadvantage on Wisdom saving throws.

Restless Java

Potion, uncommon

Thin red steam rises from this bubbling coffee.

Drinking this potion has the following effects, which last for 24 hours:

- You gain a 10-foot bonus to your speed.
- You gain a +5 bonus to your Initiative checks.
- You cannot be magically put to sleep.
- You cannot benefit from short rests.

Scrying Pan

Wondrous item, rare

As an action once per day, you can name a creature and flip the pan to mystically produce a perfect fluffy pancake. Toasted into one side of the pancake is a single still image of the creature as they are right now, including their immediate surroundings. When the pancake hits the pan, you hear what the creature is hearing for 1 round.

SCRYING PAN

Tenderizer

Weapon (maul), very rare (requires attunement)

This dwarven maul was inspired by the kitchen tool of a local giant.

You have a +2 bonus to attack and damage rolls using this weapon. Each time you hit a creature, you reduce its AC by 1 point, to a minimum of 10 plus the creature's Dexterity modifier. This AC reduction lasts until the creature finishes a short or long rest.

TENDERIZER

Witch Onion

Wondrous item, legendary

If this baby-sized onion is buried underground for 30 days, it grows into an onion golem. The golem is friendly toward you until you give it reason not to be.

ONION GOLEM

Yaga's Mortar and Pestle

Wondrous item, uncommon

As a bonus action, you can transform this mortar and pestle into a pot and ladle, a cutting board and knife, or any other pair of simple kitchen tools. If the pestle is more than 10 feet away from the mortar it disappears and reappears next to it.

This magic item counts as a set of Cook's Utensils and once per day allows its user to reroll a check using those tools.

MORTAR & PESTLE

Onion Golem

Large plant, unaligned

Armor Class 5
Hit Points 50 (6d10 + 17)
Speed 30 ft.

STR	DEX	CON	INT	WIS	CHA
18 (+4)	8 (-1)	16 (+3)	7 (-2)	10 (+0)	5 (-3)

Skills Athletics +6
Condition Immunities exhaustion, paralyzed, petrified
Senses passive Perception 10
Challenge 4 (1,100 XP)

Witch Friend. Onion golems are cultivated by witches and hags, each one grown from a single large onion. When a golem is within 20 feet of a hag or an ally who can cast spells, they can help as a bonus action and have advantage on saving throws against being frightened.

Stinky. The golem automatically fails Dexterity (Stealth) checks to hide from creatures with the keen smell trait, such as wolves.

Immutable Form. The golem is immune to any spell or effect that would alter its form.

Magic Resistance. The golem has advantage on saving throws against spells and other magical effects.

Magic Weapons. The golem's weapon attacks are magical.

Layers. The golem is composed of five layers, each one tougher than the last. As the golem takes damage, new layers are peeled away and its AC increases.

- 41 to 50 hit points, AC 5
- 31 to 40 hit points, AC 10
- 21 to 30 hit points, AC 15
- 11 to 20 hit points, AC 20
- 1 to 10 hit points, AC 25

Actions

Multiattack. The golem makes two stinging slam attacks.

Stinging Slam. *Melee Weapon Attack:* +6 to hit, reach 5 ft., one target. *Hit:* 13 (2d8 + 4) bludgeoning damage. If the target is missing any of its hit points, it takes an additional 4 (1d8) acid damage from the onion juice in its wounds.

Reactions

Boo Hoo. If the golem takes damage from a creature within 10 feet, it can cause them to weep. They must succeed on a DC 16 Constitution saving throw or be blinded until the end of the golem's next turn.

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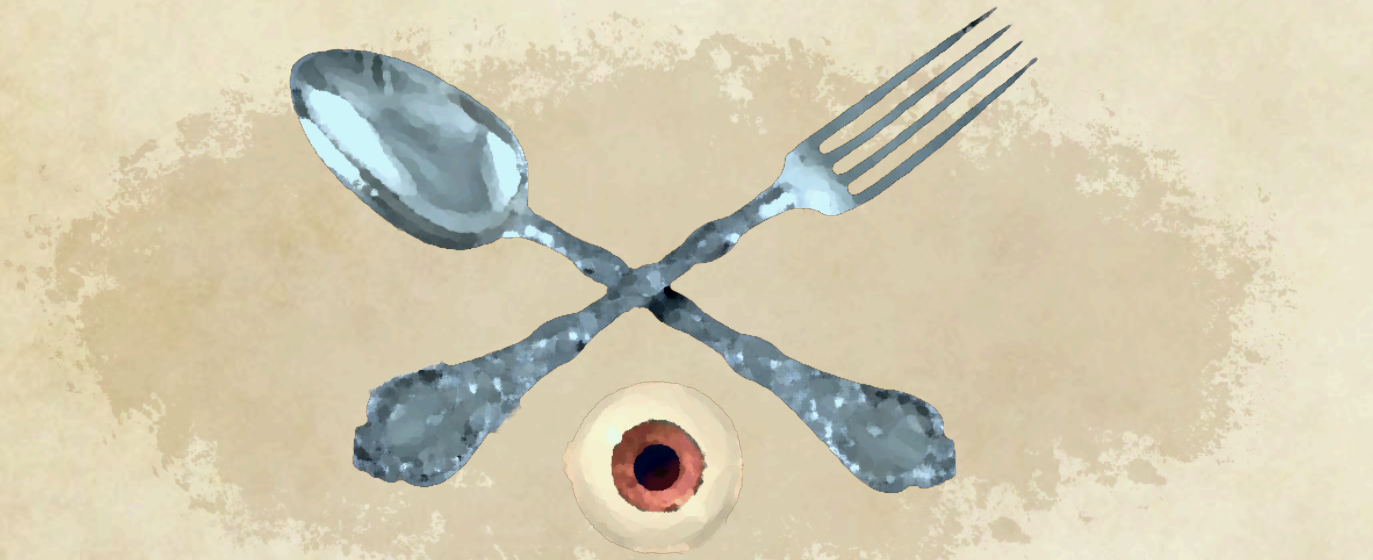

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